

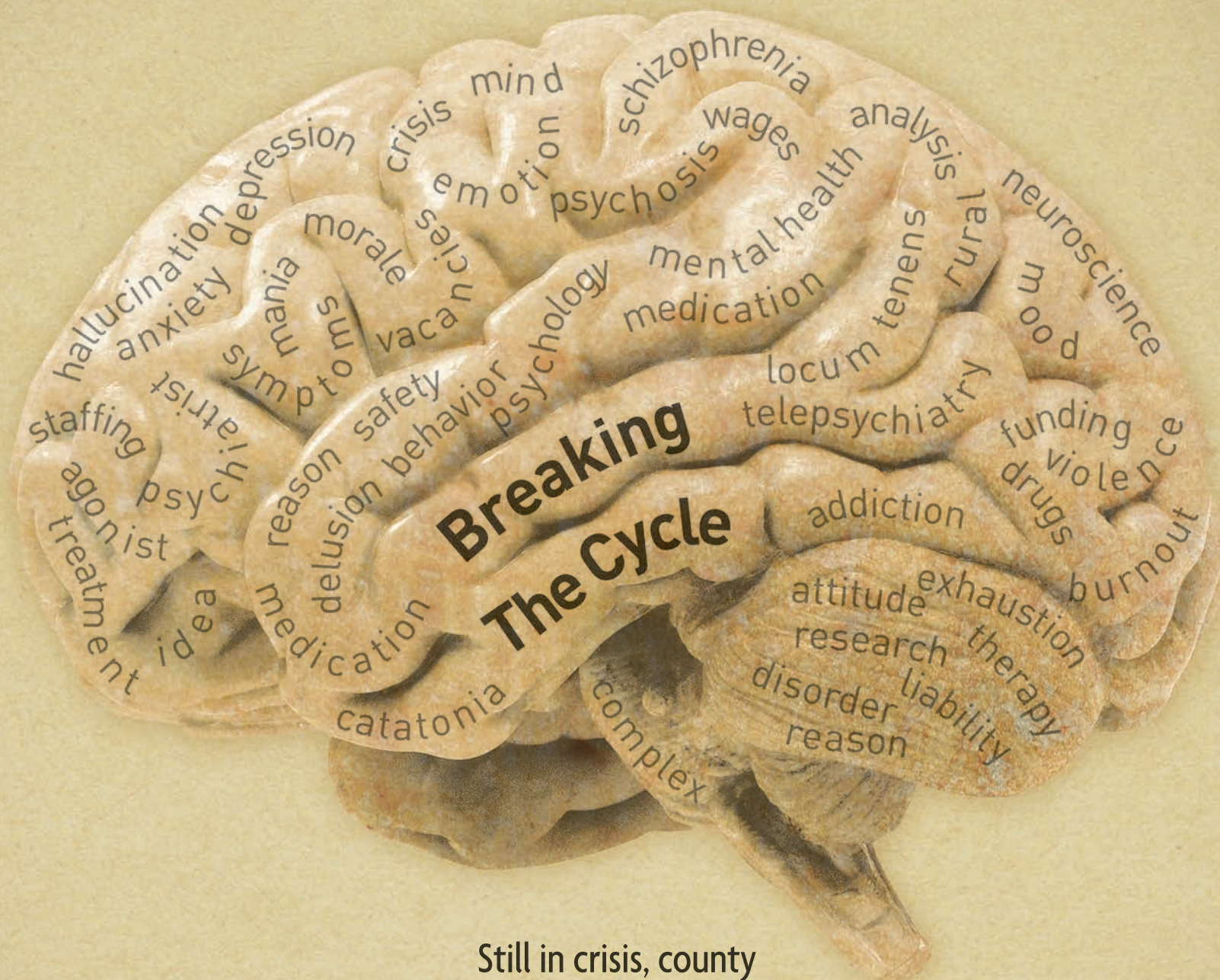
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**Journal**  
of Politics, People and Art

HUMBOLDT COUNTY, CALIF. • FREE

Thursday Jan. 21, 2016

Vol xXVII Issue 3

northcoastjournal.com



**Health and  
Wellness Edition**

**15** Grow house rehab

**27** Laugh your core off

**29** Those *other* medicinal plants

**Still in crisis, county  
mental health OKs  
stabilization plan**

By Thadeus Greenson  
and Linda Stansberry





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Bok Ki Oh, whose sister is crowdfunding to prove he was murdered. See NCJ Daily on page 13.

Facebook

### On the Cover

Illustration by Holly Harvey

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## Mailbox

### Good Riddance, KBRA

Editor:

Your article about the demise of the KBRA exemplifies the distorted thinking that promoted this deal ("Uncharted Waters," Jan. 14). Proponents claimed it was necessary to guarantee water for industrial agriculture because no dam has ever been removed without a negotiated settlement.

The era of dam removals has just begun, so there are only a few cases to provide precedent. But the settlement agreements for two west coast dams removed within the last decade, the Marmot and the Elwha, do not resemble the KBRA. These agreements focus on managing sediment, relocating a fish hatchery, controlling noxious weeds, etc. They do not negate water rights for Indian tribes or remove the government's obligation to protect tribal water and fishing rights, as the KBRA did.

Regarding the KBRA, the lawyer for the Hoopa Tribe, Tom Schlosser, in a May 2014 *Siskiyou Daily News* article said, "As a result, the first priority for Klamath River surface water will go to the Klamath Irrigation District (diversions of 378,000 acre-feet per year), regardless of the effect on fish restoration.

"When, after those diversions, too little water remains for fish, then not only will the United States be unable to protect Indian fishing rights, it will be obligated to oppose those rights. That is, the U.S. will enforce the KBRA priority given to water diversions for irrigation."

KBRA supporters either denied that this new paradigm was part of the deal, or they claimed that the promised restoration money could somehow compensate for too little water flowing down the river. Without sufficient flows, the river will never be healed, regardless of how much money is spent.

The collapse of the KBRA is good news. We can now proceed with dam removal by following the established, legal procedures and without eliminating tribal water rights, which happen to be the most powerful tool for ensuring sufficient stream flows.

*Diane Higgins, McKinleyville*

### Scrimshaw

A seascape of luminous ivory scrimshaws itself into view.  
As if they were the dusk of the gods,  
rolling fog and sea spray  
entwine like Canova's Three Graces.

In the harbor,  
fishing boats bob and sway at anchor,  
moored in a milky tableau vivant;  
water slaps gently against the hulls.

A bell buoy clangs elsewhere,  
muffled by the pelting showers,  
its toll as plaintive  
as Satie's Gnossiennes.  
The bell is a ghost's soliloquy;  
not a seagull can be heard.  
The interminable drizzle has silenced  
even those raucous creatures.  
They sit afloat and inert,  
each a precarious still life,  
a transient frieze,  
soon to vanish in nature's  
untamed impermanence.

The lighthouse stands deadpan,  
bronze plated  
with the forgotten names  
of the vanquished,  
lost in the remorseless sea.  
Sailors' bones are  
their own bleak scrimshaw,  
adrift on Neptune's continent  
of ebony depths,  
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to geological time.

— Paul Mann

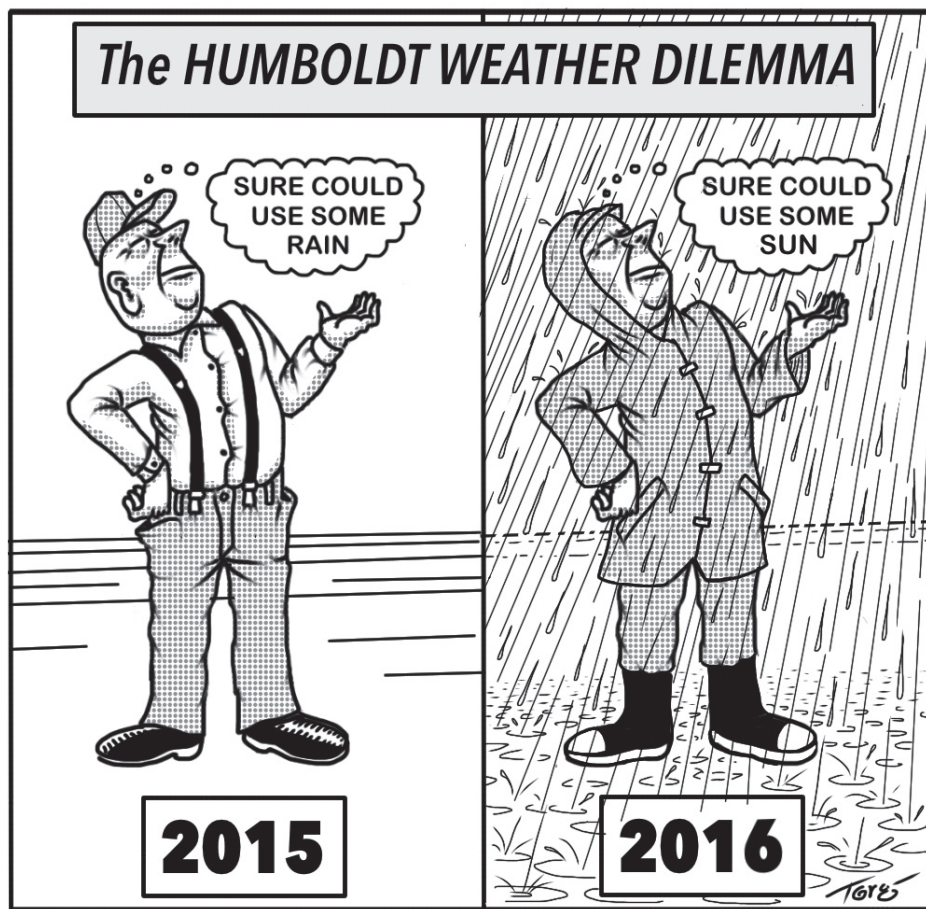
### What's So Funny 'bout...

Editor:

Thank you, Chip Sharpe, for reminding the *Journal* and its readers about the significant story of the relaunching of the first peace boat, *The Golden Rule*, and its home harbor here in Humboldt ("Mailbox," Jan. 7). As I read more of last week's issue of our free weekly newspaper, it made me realize how important peace stories are to our world and I suggest that a special section or column dedicated to peace work be featured regularly. There are many wonderful stories, large and small, out there to be told and shared. Yes, we can benefit by reading about peace as much as pot.

*Joanne McGarry, Arcata*





Terry Torgerson

## Play it Safe

Editor:

While I was happy to see the Van Halen “no brown M&M’s” tour rider mentioned in your featured article (“Creature Comforts,” Dec. 24), which I found funny, for the record, I wished the author had noted the reason why Van Halen mentioned “No brown M&M’s” in the first place.

This came about for a very specific reason. During a (crazy) show the band almost died/was seriously injured during a pyrotechnics malfunction. Someone

hadn’t fully read the tour rider, where it clearly stated how much power the band would need, and what safety precautions needed to be met.

Ever since that near-explosive night, the band needed a way to *make sure* that the tour rider had been read to the “t,” so if they put “no brown M&M’s” on their rider sheet, came into the dressing room, saw brown M&M’s in the bowl, they knew immediately there may be issues and perhaps they wouldn’t perform. Safety first folks!

For bands coming through and playing our local venues, perhaps a rider may not be need to be gone over by a lawyer, but

often times, it’s lawyers themselves who help draft the riders up.

I have many friends who put on shows, promoters local and in cities afar, who have told me the famous brown M&M’s story. In your article’s write-up about all the charitable and funny stuff, unicorn heads and all, you neglected to mention why the brown M&M’s was put into play in the first place.

Safety — before all the fun and music can be enjoyed, by both fans and musicians. We don’t need anyone injured due to faulty electrical, poor placement of stage props, speakers, or just plain laziness to read the bands’ requests in the first place on the part of the hosting promoter/venue.

B. Sherman, Arcata

## Correction

Last week’s article “The Sticking Point” contained a misspelling. The correct name of the Humboldt Area Center for Harm Reduction member featured in the accompanying photo is Michelle Ellis.

Also, in “DIY Wine Tour,” the correct name of the owner of Dutcher Crossing Winery is Nick Briggs and his parents live in Willow Creek. *The Journal* regrets the errors.

## Write a Letter!

Please try to make your letter no more than 300 words and include your full name, place of residence and phone number (we won’t print your number). Send it to [letters@northcoastjournal.com](mailto:letters@northcoastjournal.com).



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# Plan Fray

Planning commissioners are  
'outraged' at county staff

By Grant Scott-Goforth

[grant@northcoastjournal.com](mailto:grant@northcoastjournal.com)

Since the beginning of January, the board of supervisors has been working diligently to cobble together a medical marijuana land use ordinance from a slew of parts: a year-long private drafting process, multiple planning staff drafts, dozens of hours of public comment, and a month-long planning commission review.

As the supervisors narrowed in (they were finalizing language as the *Journal* went to press, and will bring the ordinance back for a final reading Jan. 26) they largely followed the planning staff's guidance, adhering to relatively strict canopy sizes, disallowing new grows in timber production zones, and sticking to regulations they hope will avoid litigation from environmental groups. This was a different direction from the more grower-friendly regulations the planning commission had sought with its ordinance recommendations.

The supervisors' limits on grows, as the *Journal* has reported, are a strategy to align the ordinance with its associated mitigated negative declaration, a document that removes the burden of conducting a lengthy environmental review. The mitigated negative declaration was based on that of the state water board's environmental program from last year, and, after the planning commission finished its review of the ordinance, planning staff warned that the commission's changes would allow a scale of cultivation beyond what the water board accounted for and negate the declaration. Environmental groups all but threatened to sue, which would've sunk the effort to enact the ordinance by March 1.

The supervisors' general concurrence with the staff is sure to be ranking the planning commission, which, at its Jan. 7 meeting — the first since staff consolidated the commission's 10-meeting endurance run — expressed outrage at the staff report forwarded on to the supervisors.

Though the move would have had "no binding force or effect," in the words of

Commissioner Lee Ulansey, he and Chair Robert Morris tried really, really, really hard to raise their hands and say they had no confidence in the county's planning and building department. This, despite the fact that the subject appeared nowhere on the Jan. 7 meeting's agenda.

At the end of the meeting, Morris raised concerns over the staff report, saying the topic of the draft's adherence to the mitigated negative declaration was brought up multiple times during the commission review.

Commissioner Ben Shepherd said he was disappointed to read in the staff report that the commission's direction on timber production zones was determined by staff to be out of line with the general plan. He would've liked to know that before it was submitted to the supervisors, he said.

Ulansey gave more vague complaints — which he chalked up to "deliberate bias" on the part of planning staff — accusing them of "misrepresenting and not completely representing public testimony at public meetings, not following through on our votes."

When staff first introduced the draft ordinance in October, supervisors Ryan Sundberg and Estelle Fennell, who'd served on the medical marijuana focus group, expressed surprise and disappointment, saying it drifted away from an ordinance prepared by local political action committee California Cannabis Voice Humboldt. At the Jan. 7 meeting, Ulansey suggested that the planning commission, in its review, was just trying to make the supervisors happy by making it look more like the private group's draft. "[The board] made it pretty clear that wasn't the direction they want to go and I think we all heard that direction and tried to pursue it," he said.

Whether the commission's role is to please the supervisors or review draft legislation for legality and adherence with the county's general plan and other codes

*Continued on page 8*



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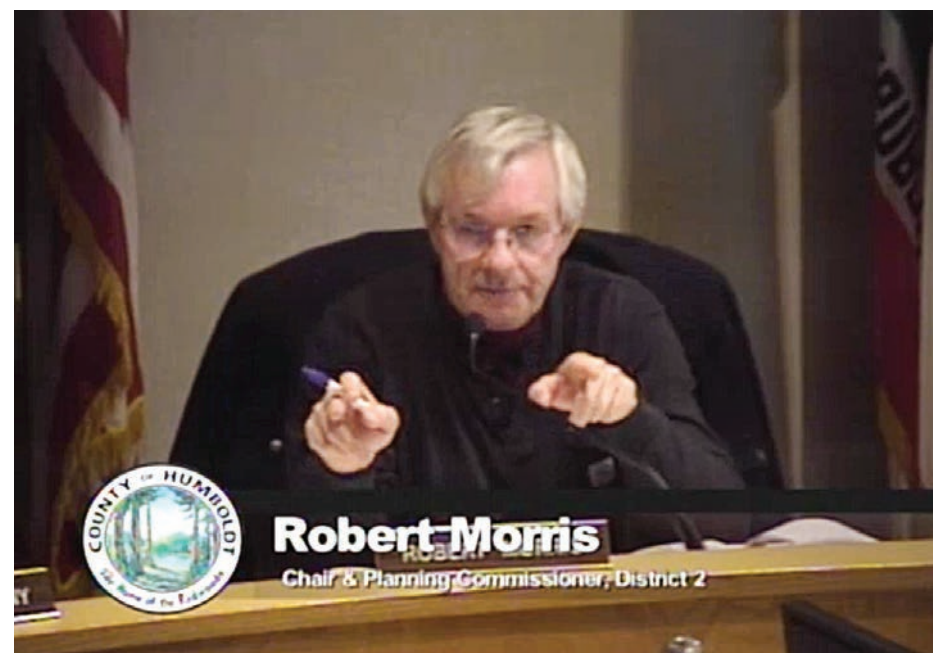
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## News

Continued from page 6



Screen shot of Humboldt County Planning Commission meeting.

Photo courtesy of Access Humboldt

is up for debate. Planning commissions are often used to solicit community and statutory input, according to Pepperdine University professor of public policy Michael Shires, who said it's not unreasonable for a planning commission to submit concerns about a draft ordinance to the supervisors.

While some supervisors expressed dissatisfaction to the media when the draft was released, instructions to the planning commission didn't suggest any specific direction when reviewing the ordinance. According to the minutes of the Oct. 13 supervisors meeting, "a motion was made to direct Planning staff to present the Planning Commission with a chart showing a range of alternatives for their consideration and to clarify their latitude to modify provisions of the draft ordinance as presented."

Commissioners Kevin McKenny and Alan Bongio also expressed disappointment in the draft submitted to supervisors, but the board has mostly been in agreement over even the more controversial points since they've been reviewing it. Sundberg, apparently the last holdout over the prohibition of new grows on timber production zones, acquiesced during the supervisors' Jan. 12 meeting, and the board voted unanimously to include the restriction.

But the planning commission's weirdness continued. Morris pointed with both hands at empty chairs where planning staff had sat during the commission hearings on the ordinance and asked, "Does the commission still have confidence, in the staff that sit at those tables and gave us their

advice during the 10 meetings we had? Because I certainly have a big problem with trust and I think, to a certain extent, it's almost a breach of the public trust."

This prompted Shepherd to weigh in, saying he was uncomfortable taking any kind of vote on an item that wasn't on the agenda, citing the author of California's public meeting law. "I think we're kind of trouncing all over Ralph M. Brown here," he said, adding later that he thought the planning staff in question deserved to be present to respond to the commission's allegations.

County Counsel Jeffrey S. Blanck agreed, mostly. "Voting and all that nature should be on an item that the public would be able to come in and see and hear what you have to say, and know that you're going to talk about it," Blanck said, adding that another commissioner's suggestion to put the item on a future agenda wasn't "trying to muzzle the commissioners in any way."

But Morris and Ulansey — despite their own previous championship of transparency laws which mushroomed into a lengthy and costly lawsuit with the county — persisted.

"I did not hear the counselor say that we were in violation of the Ralph M. Brown act," Morris said.

"My recommendation," Blanck reiterated, "because it appears you're all interested, is to put it on [a future agenda]. That's the safest way to go."

Morris continued, "This has nothing to do with the public. This has to do with the

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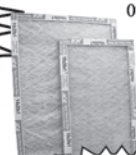


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staff. This is an internal staff matter that the commission has with the staff."

"But unfortunately," Blanck responded, "the Brown Act puts a label on you that when you're here together, acting in concert, it's required to be noticed to the public. It can be housekeeping, it can be whatever. The topic isn't really the concern of the Brown Act."

Ulansey suggested that the hands-raising was simply a straw-vote — routine for the commission to gauge support — but commissioner Noah Levy also expressed concern, saying he wasn't aware of the commission ever taking a straw vote on an item that wasn't on the agenda.

Eventually, Morris gave in. "The purpose for my question for the raise of hands was to figure out if it was a significant issue to agendaize," he said. The commissioners seemed to agree that, after 30 minutes of conversation about the issue, yes, it was worth discussing.

But even that may prove contentious. Morris seemed unsure how to direct staff. "We will have this as a discussion — as an action item — a discussion item I guess it should be ..."

"I think it's action," Ulansey interjected.

"As an item on the agenda," Morris continued. It appears on the Jan. 21 agenda as a discussion item, meaning the commission can't take a formal vote of no confidence.

Meanwhile, Rob Wall, the county's recently appointed interim planning director, said he's taking the commission's allegations seriously. At the meeting he told them, "That kind of accusation definitely raises my blood pressure. ... Certainly my first planning commission meeting getting a vote of no confidence on some of my key staff members isn't probably the best way to go."

Reached by phone later, Wall said that "the planning commission obviously does not have the authority to govern personnel matters — that is my job."

He said he's been looking into the commissioners' allegations, focusing on the staff's determination after the hearings that the commissioners' recommendations would exceed the mitigated negative declaration. "With regard to not following instructions, I'm doing what everybody else who has some interest in this process is doing: reviewing the votes and the documentation. We'll have that discussion, with the findings, on the 21st."

He added that none of the commissioners have reached out to him about specific directions that his staff ignored, though he welcomed that sort of input. But he indicated he supported the staff report. "We have an obligation to the

board — as do our legal staff — to let them know what we professionally find legally defensible."

The issue appears to be a continuation of disputes between property rights advocates and Humboldt County that's been simmering for years. Morris and Ulansey formed the Humboldt Coalition for Property Rights, which famously fought against former Planning Director Kirk Girard's department before he left in 2012. Bongio, who owns a construction company, seemed to reference that fight at the Jan. 7 meeting. "I believe what we saw through this process was, unfortunately, what we saw for many years not too many years ago," he told Wall. "I would hope, especially with new leadership, that you'd make it clear to your staff members that it's their job to do their job and not their agenda."

Shires, the public policy professor, said the staff's role, as employees of the public, is to help the commission make correct planning decisions. "Typically, they are some of the planning commission's greatest supporters," he said. The commission, in turn, is entrusted (by their appointing supervisors) with decision-making on planning matters — though any commission decision is appealable to the board of supervisors.

Whether staff acted out of line depends on what changes were made, why and how the planning commission's charter defines its role, Shires said. (The *Journal* was unable to review the charter by press deadline.)

Short deadlines, longstanding disputes and frustrations on both sides appear to have created an unusual situation. Shires said it's uncommon for there to be rancor between a planning commission and planning staff.

"The idea of taking a no-confidence vote in staff — I've never heard of that" he said.

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# PTSD and Cannabis

**P**ost traumatic stress disorder (PTSD) is a mental health condition triggered by experiencing or seeing a terrifying event. Common symptoms of PTSD include anger, nervousness, anxiety, guilt, issues with sleep, depression, and headaches. Patients as well as family members who are suffering from PTSD can have their lives dramatically impacted by this ailment. Any individual can suffer from PTSD, but the men and women of our military forces are returning home suffering from PTSD at an alarming rate.

Treatment for PTSD includes psychotherapy and medications. There are many types of promising therapies including counseling, cognitive behavioral therapy, anger management, and group therapies. The most commonly prescribed medications are Zoloft, Xanax, Prozac, and Paxil. While these drugs may be helpful

in treatment for some, many patients experience adverse side effects from these drugs. Some side effects include nausea, insomnia, decreased libido, anxiety, and issues with appetite. These side effects may outweigh the benefits for certain patients, driving them to find medicinal alternatives.

The United States Department of Veterans Affairs is challenged with the daunting task of helping the many soldiers returning home with PTSD. Unfortunately, VA doctors are not legally allowed to discuss any other option than FDA approved drugs. Even with the substantial amount of information around cannabis being used as an alternative to pharmaceutical drugs, doctors were not allowed to recommend cannabis. Even worse VA patients that tested positive for cannabis were even turned away from receiving medical attention!

Thankfully there are now significant changes taking place for our soldiers returning home. In November 2015 the Senate Appropriations Committee approved the Veteran's Medical Marijuana Amendment. This amendment would allow VA doctors to recommend medical marijuana to patients in states where cannabis is legal. Although the amendment is still waiting to be signed into law, this is an improvement in moving the discussion forward around medical cannabis and PTSD.

Cannabis may be effective for patients suffering from PTSD for a variety of reasons. According to multiple research articles, including one study done on post traumatic stress disorder following exposure to the World Trade Center attacks (Hill, Bierer, Makotkine, Golier, Galea, McEwen, Hillard, & Yehuda, 2013), it was noted that reductions in circulating concentrations of endocannabinoids represented a biomarker of stress vulnerability and that "deficient Endocannabinoid signaling is

involved in the biological processes related to PTSD."

This information leads to the discussion of how cannabis, which contains cannabinoids, may assist in the balancing of a deficient Endocannabinoid system. As more evidence supports these findings, our collective has seen an increase in patients seeking relief from PTSD through the use of cannabis.

HPRC carries a wide variety of cannabinoid specific medicine that may benefit PTSD patients. Since insurance companies still do not assist with the costs of medical cannabis, veterans can receive a 10% discount on products at HPRC. It is important that PTSD patients seek the lowest doses possible with cannabis since THC is a psychoactive chemical. Research also supports the biphasic effects of cannabis indicated that cannabis use is beneficial up to a certain point, and past that dose effects may be adverse. Patients find however; that the adverse effects of cannabis are much milder than that of their pharmaceutical alternatives. As always, patients should work with their primary caregiver when making decisions about medicines. Cannabis is not a cure-all, but research and experience has shown the potential for its effectiveness as a tool in the fight against PTSD. 🌿

*The information presented in this article is not to be considered medical advice and is for informational purposes only. Always work with your primary care giver when making decisions about medicine use.*



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# What’s Humboldt Crowd-Funding?

If you're looking for evidence of Humboldt's generosity, anecdotes alone usually suffice. We have an abundance of local nonprofits, volunteer organizations and do-gooders.

But what about those of us who don't want to leave the comforting glow of our laptops? Well, the digital age has brought philanthropy to you in the form of crowdfunding websites like Go Fund Me. Here people plead their case to strangers, neighbors and friends to help meet their funding goals for a variety of causes. We were curious about what kinds of requests would tug at Humboldt's heartstrings, so we typed a couple of local zip codes into Go Fund Me's search function. Below are our findings, which include petty bills, major accidents and at least one murder mystery.

**Top Photos:** Busted cars and busted people. Leaving aside one campaign featuring a pensive man with a neck tattoo who needed help with his phone bill, the majority of Go Fund Me campaigns are pleas for help with pictures of people in hospital beds and badly damaged cars. The high cost of traveling out of Humboldt County for medical care is often cited as factor.

**Poor Earners:** Single moms and disabled vets. Success on crowdfunding sites has a lot less to do with actual need than how big of a reach you have, social-media-wise. This might explain why two

homeless single moms — one trying to move herself and her son back East and another living in a van with her child — received so little attention, as did the touching attempt of one man to buy his veteran friend a van with a wheelchair lift.

**Big Winners:** Pets and Food. We're not saying that Humboldt folks put cute dogs and stoners above single moms and veterans, just that pet owners and hungry college students might be better at working their network. Liver shunt therapy for a terrier? Funded. Neuter job for a rescue bunny? Funded. Thirty dollars for pizza? Done — one generous soul kicked down the majority of the money, saying, "Can't leave my homies without their munchies! Blaze one for me!" A pregnant woman living with her elderly uncle in a trailer with a leaky roof? Zero dollars, but it's still early in the campaign.

**The Truly Unique, and the Mysterious.** One person transitioning genders requested money for a prosthetic in order to pee standing up, and received a generous outpouring of love and support. Another wanted a little cash to help an elderly woman on a fixed income who had lost weight "buy new pants" to boost her self-esteem. And the owner of a local hair salon, Ky Oh, is hoping to raise enough money to get a lawyer to investigate her brother's death.

— Linda Stanberry

POSTED 01.13.16 READ THE FULL STORY ONLINE.

## Looking out for Lupine



The Lassics lupine exists in less than 4 acres on Earth, on two small, alpine plots in southern Humboldt and Trinity counties. Climate change has dwindled the flower's individual population to fewer than 60, scientists believe, prompting the Center for Biological Diversity to petition for emergency Endangered Species Act protections for the plant. POSTED 01.19.16

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**No Budging in Eureka Video Brief:** The city of Eureka recently filed a reply brief in its appeal of a local judge's order to release a portion of a police dash camera video capturing the Dec. 6, 2012 arrest of a juvenile suspect. The city is arguing the video is a confidential personnel record. Oral arguments have not yet been scheduled in the case. POSTED 01.19.16

**Eureka Natural Foods in McK in May:** Eureka Natural Foods owner Rick Littlefield said the grocer's McKinleyville store hit some snags obtaining a building permit, which set things back a couple of months. But renovations on the former McKinleyville Home and Garden Center building at the corner of Pickett Road and Central Avenue should begin soon. POSTED 01.15.16

**New Anti-overdose Provider:** The Humboldt Area Center for Harm Reduction took a step toward helping reduce local overdose and infection rates yesterday, as a physician has agreed to carry a prescription for Naloxone, an anti-overdose drug, and bulk syringes. Humboldt County has a high rate of hepatitis C and drug-induced deaths. POSTED 01.14.16

**Digitally Speaking**  
**28.37**  
Eureka's year-to-date rainfall, in inches. With last weekend's storms, rainfall is about 150 percent of normal. POSTED 01.19.16

**Comment of the Week**  
"I have no confidence in certain Commissioners' ability to follow the law."  
— Natalynne DeLapp-Hinton, commenting on the Humboldt County Planning Commission's outrage over a draft medical marijuana ordinance and the chair's attempt at a no-confidence vote of the county planning department. POSTED 01.16.16

**They Said It**  
"Spirited and lively."  
— Humboldt Bay Harbor Commission President Richard Mark's description of the discussion over whether to install Porta-Potties at the PalCo Marsh, where an estimated 150 homeless people reside. The commission voted 4-1 in favor of installing the toilets. POSTED 01.19.16



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# This Old Grow House

By Linda Stansberry  
linda@northcoastjournal.com



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According to the latest Humboldt County Economic Index, local home sales have dipped slightly, while mortgage prices have risen. Median home prices — while at nowhere near pre-recession levels — have been climbing steadily since 2012, when your financially secure friends were snapping up starter homes for pennies on the dollar. And quite a few would-be home owners are watching those rising costs and waiting for the *deus ex machina* of legalization to help realize their dreams. Balloon payments garnered from a good year's harvest aren't generally factored into housing analyses, but common sense dictates that the economic vacuum created by a sharp dip in black market prices might mean quite a few former growers won't be able to keep up their home payments. And if the shape of the housing market is in question, the shape of the houses on the market is going to be equally questionable.

Stories of local buildings repurposed for illegal agriculture range from the benign to the horrific. For every smart sinsemilla farmer with a low-impact garage grow, there's a renter from hell who is turning his or her landlord's property into a mildew-wracked tear down.

One tenant — who asked not to be named — moved into a former grow house under duress, as she and her partner had struggled to find a place that would take their many pets. The problems included holes in the walls and ceiling where ventilation had been, staples in the walls with black plastic stuck to them, walls warped from high humidity and a mildew problem that sent her to the emergency room.

"If [landlords] don't care whether or not a house is being grown in, they probably don't care enough to fix it up afterwards," she says.

How prevalent are current and former grow houses? One home inspector — who also requested anonymity — says that around 50 percent of the foreclosures he sees have evidence of grows. These foreclosures, which realtors have seen an uptick

in recently, may be the canary in the coalmine for the intersection of the marijuana industry and the housing market.

Barry Smith, owner of Barry Smith Construction, says that remodeling grow houses has become an "ongoing issue" in his field. Poorly done vents into sub areas can cause rot and fungus damage and allow entry points for termites and rodents.

"The big challenges we find are the amount of unpermitted and unsafe work that we find," he says, adding shoddy electrical work to the laundry list of issues that are often present. "Electrical has always been manipulated in one way or another with different levels of competency and safety. I had one where they cut the floor covering out, put down plastic and put dirt right on the floor. We had to gut the place due to water and flood damage."


According to contracting websites, a ballpark figure of the costs to re-wire, re-floor, re-insulate and do mold abatement on a 1,200 square foot structure is between \$50,000 and \$75,000.

Even after the smell of bud has been cleared from your new home, its reputation can linger. Eureka Police Department Capt. Steve Watson has lots of practical advice for homeowners worried about would-be thieves in search of guns, cash and grass. Rip-off artists often look for the same things as cops: drawn shades, condensation on the windows and the sound of industrial strength fans. He suggests getting to know your neighbors and emphasizing that the property is under new ownership.

"Home invasion and robbery are a very real risk with grow houses. My experience is that for every one that is reported there are several that go unreported," Watson says, adding that victims rarely speak to the police.

Cases of innocent neighbors or new homeowners troubled by home invasions are not everyday occurrences, but nor are they rare, according to Watson.

"Sometimes the thugs hit the wrong house by mistake — either based on old or faulty intel or plain human error," he says. ●



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# Breaking the Cycle

Still in crisis, county mental health  
OKs stabilization plan

By Thadeus Greenson and Linda Stansberry

newsroom@northcoastjournal.com

**F**or the third time in 15 months, the medical director of the Mental Health Branch of the Humboldt County Department of Health and Human Services has resigned. The latest resignation, by Dr. Raja Dutta, comes just two months after the local medical society called for a grand jury investigation into the department's ongoing staffing crisis, saying not enough was being done and warning, ominously, that the department's "culture is not changing."

It was just about 11 months ago that mental health's troubles first bubbled into public view with the joint resignation of the department's two highest ranking doctors, who happened to be the only psychiatrists staffing the county mental hospital. The departure of doctors Jasen Christensen and Jonathan Greenberg

— who took the unprecedented step of sending a seven-page report to the Humboldt County Board of Supervisors, blowing the whistle on the departmental mess — caused the county to turn to a third-party psychiatric staffing company in March, offering it \$3.5 million to do what the county could not: recruit and retain psychiatrists.

Almost a year later, it's not easy to find many signs of progress. Traditions Behavioral Health — the company tapped by the county — has averted an outright collapse of the mental health branch, an outcome that seemed possible after Christensen and Greenberg's resignations threatened to leave one psychiatrist staffing the department where there used to be 10. But the company has largely done so through the use of traveling doctors

and has yet to field the type of permanent, local staff it pledged to deliver.

The facts on the ground remain dire. In the county's outpatient program — which provides psychiatric services and prescriptions to about 1,000 people — some patients are waiting months for an appointment. Meanwhile, in the county's acute care facilities — Sempervirens mental hospital and the Crisis Stabilization Unit — staff continue to express concerns about dangerous working conditions and inadequate patient care. And doctors continue to want out.

But there is a glimmer of hope emerging on the horizon, as Traditions Behavioral Health feels it has zeroed in on part of

the reason the county's struggled to find stability at Sempervirens — which appears to be the epicenter of the mental health branch's struggles — and has gotten the OK to revamp the hospital's staffing structure. Gary Hayes, the company's founder and president, told the *Journal* he is optimistic the county's mental health branch could be fully staffed by July. If so, it would constitute the first time in recent memory that the department is not in need of a psychiatrist.

**In a report** sent to the board of supervisors in March, Christensen and Greenberg laid out what they saw as the department's endemic and entrenched problems. There was the staffing shortage,

Officials hope a new staffing strategy for Sempervirens mental hospital will help stabilize the county mental health branch.

Photo by Thadeus Greenson





“We have seen little in the way  
of definable progress.”

— Humboldt-Del Norte County  
Medical Society President Jon Nelson

which they claimed was the product of the county's lower-than-market salaries and lackluster recruiting efforts. This caused the county's psychiatrists to be overworked and, often, to fill shifts outside of their preferred placements. It also necessitated reliance on “locum tenens,” traveling physicians who fill in for short stints. The chronic staffing crisis translated to poor patient care, the doctors argued, with unmanageable caseloads, gaps in coverage and an overwhelmed medical staff. This left doctors frustrated, feeling overworked and underpaid, fearing for both their safety and their exposure to liability.

In the face of these conditions, some doctors left, which exacerbated the situation for those who remained. This vicious cycle continued, Christensen and Greenberg charged, until they were nearly the only ones left with little, if any, prospect of reinforcements arriving. (The pair claimed the department had managed just five candidate interviews over a five-year period despite continuously vacant positions.)

But Christensen and Greenberg's report hints there are problems within the department that run deeper than staffing levels. At one point, they referenced “day to day frustrations with administrative decisions and the continued effort to deflect responsibility.” At another, they noted that “the medical staff shortage ... is only the tip of the iceberg, as it is the result of many underlying problems with the basic administrative and management decisions as they affect patient care, hospital and clinical policies and staff relations.”

Contacted by the *Journal* recently, Christensen — now working for Open Door Community Health Centers — said he was “unwilling to comment.” Attempts to reach Greenberg were unsuccessful.

In a pair of letters to the board, the Humboldt-Del Norte County Medical Society also made clear that it believes the mental health branch's issues run deeper than the countywide challenge of recruiting increasingly in-demand doctors to come work in an isolated rural

area. Back in April, society President Jon Nelson wrote, “There is an ingrained and dysfunctional culture that needs fundamental change,” noting that Greenberg and Christensen's letter came after the pair had worked to resolve the issues internally with the administration and that the letter was “an exceptional step for these physicians to take.”

In a follow-up letter in November, Nelson's frustration is palpable: “We are sending another letter because the lack of response from the Department of Mental Health, and the director of DHHS to the crisis is discouraging. We have seen little in the way of definable progress.” The letter goes on to state that the medical society has “received reports that it is a pervasive culture of bureaucratic indifference to the input of employees and the community that is toxic to relationships within the Department of Mental Health, and between the community and the department.” Medical staff in the department, the letter says, “has insufficient authority to direct patient centered care.” The letter goes on to call for a grand jury investigation and a public hearing before the board of supervisors.

Mental health staff interviewed by the *Journal*, who spoke on the condition of anonymity, fearing retribution for speaking publicly, described an environment in which some administrators are controlling and attempt to micromanage staff, including psychiatrists. “They want to wag the dog,” one employee said. Several employees described situations in which administrators had overruled a psychiatrist's decision over whether to admit or release a patient.

DHHS administrators have repeatedly pledged publicly to improve communications with staff.

**Those who work** inside the department say the inability to retain staff has created a vicious cycle of dysfunction that

*Continued on next page »*

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## On the Cover



### Breaking the Cycle

*Continued from previous page*

impacts every level of patient care.

In outpatient services, there are two regular doctors where there used to be six. (Two positions remain vacant and two are filled via tele-psychiatry.) A staff member we spoke to — who is in charge of evaluating patients and scheduling them to see a doctor — said staff are booking patients into April. Patients who may need changes to their medications are waiting months to speak to a psychiatrist and the psychiatrist they do see is probably not the one they first met, meaning there is no continuity of patient care. Patients sometimes run out of their medications before a physician can sign off on a refill.

County mental health services can be viewed as a delicate house of cards: Pull one card and the whole thing is likely to come down. Sempervirens and the Crisis Stabilization Unit are all about acute care, de-escalating and stabilizing people suffering immediate psychiatric emergencies, which are usually exacerbated existing conditions. Sempervirens is not designed for long-term hospitalizations; patients are stabilized and released to outpatient care or transferred to a state or private hospital for ongoing treatment. So, problems in the outpatient division of mental health — like patients being unable to have ongoing, secure medication supplies that are monitored by a physician — lead more people to crisis states that necessitate acute care. Inadequate acute care releases people back into the community in border-line crisis states.

According to staff, current backlogs in the outpatient unit mean patients are ending up in the crisis stabilization unit, or CSU, with mental health crises that possibly could have been avoided had they

received proper preventative care.

“People come in that have [post traumatic stress disorder], they’re schizoaffective, have borderline personality disorder and are unmedicated,” said one staff member. “I have to tell them they can’t see a doctor until April.”

In an email interview with the *Journal*, Mental Health Branch Director Asha George said wait times for outpatient

appointments with psychiatrists range from two weeks to two months, which she said is “too long.” But, she added, “This has not been exclusively due to the lack of availability of physicians but also has to do with patients not showing up for appointments (which is not unusual for chronic and complex patients in any system of care). Staff are constantly triaging who needs to be seen soonest.”

— County Mental Health Director  
Asha George

be seen soonest.”

Some outpatient workers who feel their patients need a doctor immediately send them to the crisis stabilization unit, which staff says is “completely slammed.” CSU operates on a medical rather than therapeutic model, meaning those who arrive while in a manic or schizoaffective state are stabilized with a “cocktail” of medications so they won’t be a danger to nurses or other patients. This practice, called “chemical restraint” is frowned upon by the American Psychiatric Nurses Association, but those who work in the unit say it happens with regularity, the product





Recently retired DHHS Director Phil Crandall with newly appointed interim Director Connie Beck at a press conference last March held to announce that the department was contracting out a portion of its mental health staffing to Traditions Behavioral Health.

Photo by Grant Scott-Goforth

of an overworked staff trying to keep the facility from devolving into total chaos.

"When they refuse meds, [staff tell them] they won't be able to get out of their handcuffs or will have to go to Sempervirens," one staff member said. "Everyone gets medicated and goes to sleep."

This means some patients leave the facility without having a true psychiatric evaluation because they are too drugged for assessment, said a staff member. A different staffer recalled being asked to make a discharge plan for patients and not being able to talk to them all day, despite going by their beds multiple times to wake them up.

Employees inside Sempervirens have repeatedly asked for an increased security presence because of what they consider unsafe working conditions. Staff have sustained injuries on the job, including broken ribs, according to sources. On some shifts, an entire female staff can be left in charge of large, potentially volatile male patients.

"Nurses," one staffer said, "can be cornered anywhere, including in a patient's room."

Adding to the volatility, staff said it has become more common for law enforcement officers to bring in patients who are still under the influence of controlled substances. Multiple people who work at Sempervirens said this change came after the death of Father Eric Freed, the St. Bernard's Parish pastor who was beaten to death on New Year's Day of 2013. Sempervirens, one staffer told the *Journal*, isn't built to provide detox services and it's nearly impossible to conduct a mental health evaluation of someone who's under the influence of methamphetamine. People under the influence, he said, get little

benefit from being at the facility, yet can pose a danger to staff and other patients.

When asked about his department's policy dictating when people are taken to Sempervirens for involuntary commitments, Eureka Police Chief Andy Mills said, "Sempervirens will not take people under the influence of meth or other drugs."

**Sitting in the *Journal*** office one recent afternoon, Traditions Behavioral Health Founder and President Gary Hayes came across as chipper — no small feat, considering he'd left his Napa home at about 6 a.m. that day to make the drive north. He was clad in a pristine gray suit, his brown hair neatly parted to the right.

Hayes recalled a day, some 15 years ago, when his company was just starting up and his phone rang out of the blue. "I got a call asking if I was interested in bringing six psychiatrists up to Humboldt," he said, smiling slightly. Hayes says he signed on and delivered the needed doctors to help save a department in crisis. It was 2000. A year and a half later, he got another call, this one from the county asking to buy him out of the contracts and take over employment of the aforementioned psychiatrists. Hayes agreed, and he and Humboldt parted ways, the only time Traditions has seen its contracts bought out, according to Hayes.

Traditions employs about 150 doctors who work at hospitals and facilities throughout the state, Hayes said. The doctors are employees of the company, which contracts with counties, hospitals and other institutions to provide staff. Generally, Hayes said, his clients are in

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## Breaking the Cycle

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a state of crisis when he gets a call. "In order to bring in a company like Traditions Behavioral Health, something bad is happening," he said, adding that most of his clients ultimately deem the relationship beneficial and have no interest in going back to staffing their own doctors.

Back in 2001, Hayes said, Traditions was new, having opened five years earlier, and didn't have much of a reputation. That first staffing of Humboldt, he said, was a feather in the company's hat. Why? "Because if you can bring six psychiatrists to Humboldt, you can do anything," he said. Asked why it's so hard to recruit psychiatrists to come work in Humboldt, Hayes squirmed slightly, perhaps the only point in the nearly hour-long interview where he seemed uncomfortable. "I tell candidates that Humboldt is a five-hour drive from Macy's," he said. His point is clear: Humboldt is rural and isolated, not a place that universally appeals to folks making north of a quarter of a million dollars a year with a world of options at their fingertips.

After signing on to again try to save Humboldt's mental health department from collapse, Hayes said he and his staff analyzed the situation. He said it was "alarming" that doctors here had gone public by sending their concerns to the board of supervisors, and that he feared it would constitute a self-fulfilling prophecy. You call something a crisis enough, he said, and it not only becomes one but stays one.

After signing a \$3.5 million contract with the county, Hayes said one of the first calls he made was to Paula Edwalds. Hayes had recruited Edwalds to come to work for him in Humboldt back in 2001, first as a traveling doc and then perma-

nently. She'd been here 14 years when she resigned in February, following Christensen and Greenberg to the door. In her letter of resignation, Edwalds said she'd made her home in Humboldt and was reluctant to

"If you can bring six psychiatrists to Humboldt, you can do anything."

— Traditions Behavioral Health President Gary Hayes

leave, but was frustrated at the state of the department, poor working conditions, her daunting caseload and the chronic understaffing, which often saw her pulled from her child outpatient post to cover shifts at Sempervirens and the CSU. Hayes said he asked Edwalds to come back to work for Traditions in Humboldt and she quickly agreed.

Pressed, he conceded he also offered her a substantial raise from what she'd been making from the county and assured her she would spend all her days doing child

outpatient work, and wouldn't get pulled to cover shifts at the hospital.

To Hayes, this is emblematic of some of Humboldt's problems recruiting and retaining doctors. First and foremost, he said, the county's salaries are below market rate. Second, he said, there's a lack of understanding of who doctors are and what makes them tick. "You can sort of be forgiven for thinking a psychiatrist is a psychiatrist," he said. "But you really need to understand they have specialties and interests."

Through the use of his network of traveling physicians, Hayes stabilized staffing in the department and ultimately hired two doctors to take over the day-to-day coverage of the Sempervirens shifts. Those two doctors now want out — Dutta, Hayes said, is leaving for personal reasons and the other is switching to outpatient work. Reflecting on the situation, Hayes said he and his staff came to an out-of-the-box solution. "We started thinking, maybe the problem is mathematical," he said, explaining that having two doctors working Monday through Friday


at Sempervirens leaves the department vulnerable. "When you have four feet on a stool, it's stable. When you have two prongs on the stool, it is not."

Hayes is now switching to what he calls a "shift" staffing model at Sempervirens. Currently and historically, the county has depended on two doctors to each work parallel 8 a.m. to 5 p.m. shifts on weekdays, providing 16 hours a day of psychiatric service in the hospital. Beginning in February, one doctor will provide the same 16 hours of service by working a 7 a.m. to 11 p.m. shift. This, Hayes said, will allow the county to employ four doctors at the facility, each of whom will work no more than 10 days a month, logging no more than 160 hours — the same as a 9-to-5er would. The cost to the county will be about the same, he said.

The advantage of this model, Hayes said, is it will be far more attractive to prospective doctors, as they will have some 20-plus days off a month, allowing them more down time and the opportunity to travel out of the area. It will

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## On the Cover

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### Breaking the Cycle

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decrease burnout, he said, and also allow more flexibility, so if one doctor leaves it won't send Sempervirens' staffing into crisis, starting the trickle-down effect that impacts other mental health units. Hayes said the staffing model also affords a better continuum of care for patients, as the same doctor will be in the facility throughout the day to monitor the effects of new medications and treatments.

Additionally, and importantly, Hayes said it will double the daily window in which a doctor is in the facility, allowing for after-hours doctor-to-doctor calls from local hospitals. It will also greatly decrease the amount of time in which no doctor is present at the facility to screen involuntary commitments from local law enforcement officers. Hayes conceded this has been a problem, with officers sometimes bringing people to the hospital who don't belong there, whether it is because they are under the influence or don't meet admissions criteria.

In her email interview with the *Journal*, George, the mental health director, sounded optimistic about the new staffing plan, echoing some of the same benefits that Hayes listed, including that there will now be a physician on site to oversee ongoing admissions and discharges until 11 p.m.

Others don't seem so sure about the proposal. Two people who regularly work in Sempervirens told the *Journal* the shift model is concerning. They pointed to studies that show physician error rates increase after 12 hours on the job, and also questioned what would happen if there were two incidents that demanded immediate physician attention at the same time.

Asked to assess the potential positives and negatives of the new system, George's email only listed the aforementioned hoped-for benefits.

**When it comes** to other concerns about the way the county mental health department is run, Hayes didn't seem overly concerned. He said Traditions simply doesn't stick around in situations that aren't fixable. "If we find administration impossible, we don't stay. It's that simple," he said. But he conceded that, from a doctor's perspective, there have been some issues.

"Administrators can be preoccupied with details that don't seem important on the floor — there can be a disconnect there," he said. And, Hayes said, part of his job is addressing those things, acting

as a buffer between administrators and his physicians. For example, Hayes said he's worked with local administrators to revamp the admissions criteria to Sempervirens, making sure the patients admitted to the facility belong there. And, he said, he tells his doctors very clearly: "Don't fuck with administration. If you have a problem, turn to us and say, 'Make this go away.'"

George said Traditions has worked to make sure folks being admitted to Sempervirens are suffering from "acute psychiatric conditions that cannot be managed or resolved through crisis stabilization services," allowing for better

"If we find administration impossible, we don't stay. It's that simple."

— Traditions  
Behavioral Health  
President Gary Hayes

utilization of the CSU. The director described the county's relationship with Traditions as a "work in progress," but struck an optimistic tone. "Dealing with complex human systems is never easy, but Dr. Hayes and his team have been receptive to our questions and concerns," she wrote. "Communication is good, and obviously staffing levels are much better. Patient care is improving, and obviously that's what matters most."

For his part, Hayes said the key for Humboldt County's mental health crisis is stabilization, breaking the cycle it's been mired in for years. The first step is adequate, consistent staffing. Then, some of the cultural problems that have publicly spilled over can start to be addressed. To that end, Hayes said he's also asking the county to hand over the staffing of two outpatient psychiatrists — positions the county retained staffing control over when contracting with Traditions back in March but has been unable to fill — to him. He said he's already got psychiatrists willing to come on board, he just needs the OK to hire them. George, meanwhile, said the county is considering contracting out one of those vacant positions to Traditions, but negotiations are ongoing.

In many ways, the Mental Health branch is like patients entering Sempervirens: It's in desperate need of acute care so it can be stabilized and a long-term plan can be developed. Traditions' chief task has been that initial stabilization but, 10 months after its contract was inked, the crisis remains. ●

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Photo by Kevin Smith

# Fried and True

Gluten-free fish and chips

By Kevin Smith  
tabletalk@northcoastjournal.com

**T**he British are not really known for creative additions to the world's culinary scene, but fish and chips became traditional pub fare for a reason. And few dishes go better with a warm fire in the wood stove on a rainy North Coast winter night than a hot, crispy batch of fish and chips. There are many ways to fry a fish and just as many folks out there claiming that their recipe is the best. The recipe below is both simple and delicious, and as far as being “the best,” well, I think it so but I'll let you decide. Using a beer batter with rice flour rather than wheat, you'll get rockfish that's golden-brown and perfectly crispy every time. If you are looking for a healthy meal filled with nutrients and vitamins ... maybe make a salad tonight. But if you're in the mood to splurge on some fantastic pub food, this is the recipe for you. Bonus: If you, a relative or a friend happens to be gluten intolerant, you can still enjoy this classic (condiments notwithstanding).

When you are looking for spuds for making delicious chips to accompany your fish, I give my recommendation to our local organic and sustainable farms. I used to work at Paul Guintoli's Warren Creek Farms, and the memory of pulling massive

russet potatoes out of the earth and stacking crate after crate of those organic spuds is firmly and fondly rooted in my mind. I once asked Guintoli how he grew such large, healthy potatoes, to which he replied with a chuckle, “Don't water them!” I thought he was joking at first, but he uses an ancient technique called “dry farming” whereby alluvial sediments are specifically tilled to promote rapid root growth right down into the water table. Sure, you can use any old potato, but in my opinion our local farmers grow the tastiest.

As far as the fish is concerned, you can get many local line-caught fish at markets like Wildberries, the Northcoast Co-op or Ray's. If you are an angler, even better. Though traditionally fish and chips are made with cod, California has no native true cod. My favorite local species to use in this dish are lingcod, cabezon, vermillion rockfish (commonly referred to as “red snapper”) and black rockfish (occasionally referred to as “black snapper”). Each of these will make lip-smacking fish and chips that will be remembered for years to come (no joke — friends and relatives often reminisce about them). Keep in mind that this beer batter can also be used to fry small cubes of fish for fish tacos.

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## Table Talk

Continued from previous page

### Gluten-free Fish and Chips

Serves 4.

#### Ingredients and method:

4 medium russet potatoes  
Canola or other heart-healthy oil (not olive, as it cannot take high heat)  
2 pounds boneless fish fillets  
1 cup rice flour (and extra for dredging)  
¼ teaspoon salt  
½ teaspoon mild chipotle chili powder  
1 gluten-free beer (I prefer Omission pale ale)  
Lemon wedges  
Condiments: Ketchup, tartar sauce and/or malt vinegar

#### For the chips

These take more prep and cook time, so cook them before the fish.

Peel the potatoes and cut them into ¼-inch-thick and 2- to 4-inch-long sticks. Cover them with water and set aside. If you leave these exposed to the air for more than a few minutes, the surface will oxidize and your fries-to-be will turn brown like apple slices left out on the counter. CAUTION: Before frying, dry your soaked potato wedges by thoroughly dabbing with a paper towel. If you do not, the added moisture will cause the oil to splatter and pop everywhere, making a dangerous mess.

Next, heat at least 2 inches of oil in the bottom of a pot over medium-high or high heat (depending on your stove). Have some clean paper bags or paper towels stacked on a plate nearby to drain your fried morsels. You will know the oil is ready when you dip the end of one of the fries in and it sizzles rapidly. Drop this tester fry in — it should sink almost to the bottom before floating back to the surface where it will remain and cook. If your oil starts to smoke, it is too hot. Side note:

When frying anything, it is always smart to keep a box of baking soda on hand, as smothering a potential grease fire with the stuff, or covering the fire with a metal lid, is still the quickest and safest way to put it out.

Once the fries are cooked (about 20 minutes) and cooling on the paper, fry them again. To make a good batch of French fries or “chips,” you must fry your potatoes twice. There are some who doubt this age-old wisdom and they routinely make soggy, unappetizing excuses for fries. Trust me; fry the spuds twice and you will not regret it. Once your chips are golden brown and perfectly crispy, sprinkle them with sea salt or mix things up a bit by adding some diced chives and/or garlic. Set them aside in a 150 F oven while you get to the fish.

#### For the fish

In a bowl, mix the rice flour, salt and chili powder. Stir in just enough beer to give the mixture the consistency of pancake batter.

Next, cut your boneless filets into 2-by-4-inch strips or 2-by-2-inch chunks. Dust these in rice flour, dip them in the batter so they are thoroughly coated and add them to your perfectly heated oil. A drip of batter before you add the fish can be first used to test the heat of the oil. Once the first piece of fish is golden brown all over, extract it from the oil using a strainer spoon and place it on a bed of paper towels or clean paper bags to drain. Once it has cooled a bit, break this piece in half to be sure that the fish flakes with ease all the way through the center, indicating that it is fully cooked. Eat this tester piece while no one is looking so they don't get jealous. Now fry the rest of your fish. Serve your beautiful, golden-brown, crispy fish and chips with a side of lemon wedges, tartar sauce, ketchup and malt vinegar. ●

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ROFL. Photo by Kyle Wannigman

# The Best Medicine

Getting a lift from laughter yoga

By Louisa Rogers

getout@northcoastjournal.com

I was not in a light mood the damp Monday afternoon when I headed over to the Om Shala Yoga Center in Arcata to attend my first laughter yoga session. It was two days after the Paris attacks, and the troubles of the world, not to mention my own private worries, hovered over me. That line by Wordsworth, “The world is too much with us,” echoed in my mind. At least it’s only 45 minutes, I thought. Maybe it will be canceled for lack of people. Global problems aside, I was skeptical. I had done the group exercise where you form a chain on the floor with your head on the next person’s belly. One person’s belly laugh triggers the next person’s and so on, until you become one big floppy, amoebic mass of rolling laughter. That’s the theory, anyway. To me, it had felt contrived.

Inside the dimly lit center, instructor Ferryn Caldwell signed me in and gave me a waiver and release form to fill out. I had never thought of laughter as a liability, but we do live in California, after all. I handed her the form, then wandered around the empty room, pausing at the window and staring out at the low-hanging clouds and the alley below. I watched as a guy in a hooded sweatshirt and dark baggy pants sauntered down the alley, turned to face a

chain-link fence and peed.

Hearing a clamor of voices, I turned to see a troop of young women bouncing in, all fresh-faced and smiling. “HSU?” I asked one. “Nope, we’re friends at Arcata High,” she said. Soon we were eight: a lithe woman in her 50s who turned out to be the meta-instructor who had trained many of the local Humboldt Laughter Yoga facilitators, the five high schoolers, Caldwell and me.

We gathered in a circle and, without any preamble, Caldwell led us in our first stretching exercise. We bent down to the ground and then stretched our arms skyward, punctuating our swoops with what she called “unconditional” laughter — meaning laughter that occurs without a trigger. It’s the way babies laugh, I suppose. Babies don’t need a joke or comedy to stimulate their laughter; they just gurgle and giggle.

She led us in a series of exercises. We sashayed around the room, hopping and skipping, whooping and laughing. We started to shake hands but then leapt back and shrieked as though we had had an electric shock.

We role-played different styles of

*Continued on next page »*

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## Get Out

Continued from previous page

laughter: laughing the way a baby would, a shy laugh, an evil laugh. One of the Arcata High School girls suggested "high-class" laughing, and we sneered at each other with haughty looks. When I suggested flirty laughter, we giggled coquettishly. We pretended we were dogs. We laughed in silence and argued in gibberish. In between each set, we walked around skipping, clapping and chanting, "Ho, ho, ha, ha, ha!"

We didn't practice "yoga." No downward dogs, sun salutations or twists. Just lots of playful movement and snickers, chortles and guffaws.

At times I had to "work" at the role-playing, the skeptic in me still eye-rolling secretly. (Next time, I'll co-opt my skepticism by suggesting "cynical" laughter.) But as the momentum in our little group built, my skepticism faded. Something touched me about being with a bunch of people who were just being silly, forgetting the pain of the world.

All that laughing felt more active than I expected, but according to the book *Laughter for the Health of It*, by hypnotherapists Dave Berman (a former Arcata resident) and Kelley T. Woods, laughter is fundamentally a physical action. Our muscles stretch, our abs contract, our pulse goes up and we breathe faster, sending more oxygen to our tissues. Not only is laughing a light cardio workout, they go on to say, it has emotional benefits. Whenever we laugh, the body produces dopamine and other "happy" endorphins — whether we're laughing at something we find funny or for no reason at all.

According to the book, laughing yoga began in India in 1995, where a Mumbai

physician named Madan Kataria founded the organization Laughter Yoga International. Since then, the movement has gone global and now boasts about 10,000 laughter clubs in more than 100 countries, which includes a few in Humboldt County.

In our final exercise, Caldwell had us lie on the floor and do the belly laugh chain. Uh-oh, I thought. But this time, maybe because I had been loosening up for 45 minutes, I enjoyed it and my laughter bubbled up from deep below.

The next day my spirits were lighter, my voice was hoarse and my stomach was sore. Maybe a bout of "serious" laughter really is a workout. ●

*Louisa Rogers hopes she'll die laughing.*

## Laughing yoga in Humboldt

All meetings are free.

**Church of the Joyful Healer**, back entrance, 1944 Central Ave., McKinleyville. Fridays 9 to 9:45 a.m.

**Om Shala Yoga Center**, 858 10th St., Arcata. Mondays 4 to 4:45 p.m.

**Humboldt State University**, 1 Harpst St., Arcata. Fridays, 2 to 3 p.m. on the Art Quad.

For more information, check out Humboldt Laughter Yoga on Facebook.

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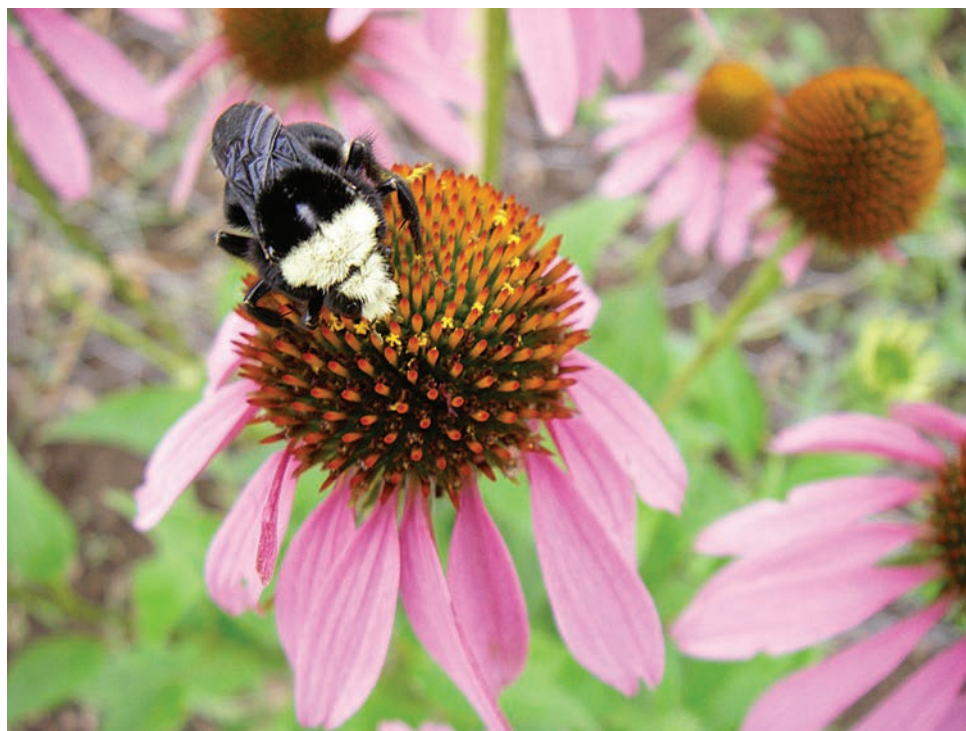




# Medicinal Flowers

By Heather Jo Flores

downanddirty@northcoastjournal.com



A bee rests on an echinacea flower.

Photo By Heather Jo Flores

I am primarily a food gardener, but there are a handful of flowering medicinal plants that I always include in my garden. Not only useful for home remedies, they provide beautiful cut flowers, improve soil and attract beneficial insects. Many of the plants listed here are commonly bred and cross-bred to produce ornamental variations, so be sure to note the species and choose the non-hybrid option.

Here are my 10 favorite medicinal flowers and some tips on how to grow and use them.

## Angelica (*Angelica archangelica*)

A tall, self-seeding biennial that smells amazing and puts out thick stalks with clusters of tiny flowers. Angelica has a wide range of uses, from tummy aches to menstrual issues. The large umbels attract beneficial wasps that will eat more troublesome insect pests. It grows easily in part shade. Give it some room on the edge of the garden so it doesn't crowd out your other plants.

## Calendula (*Calendula officinalis*)

I scatter calendula seed around the garden wherever there is bare soil. It grows almost anywhere and is easy enough to remove when you decide to put something else in its place. A common ingredient in salves, calendula is known to heal the skin from sunburn, rashes and scrapes.

## Clary Sage (*Salvia sclarea*)

A gorgeous biennial aromatic, clary sage is one of my favorite plants of all time. The smell is said to help cure depression and the long stalks of purple flowers are beautiful in a vase. Attracts bees and hummingbirds.

## Echinacea (*Echinacea purpurea*)

Known as a powerful antibiotic and antiviral medicine, echinacea is an easy-to-grow perennial that puts out large purple flowers for several months a year. If you start it from seeds, be sure to cold-stratify them by putting them in the fridge for a couple of weeks before planting. Bumblebees love it!

## Elecampane (*Inula helenium*)

A large, leafy biennial that produces yellow daisy-like flowers. Elecampane

is known for medicinal properties that help with lung problems, congestion, colds and the like.

## Hops (*Humulus lupulus*)

Not a traditional cut flower, but try some vines of blooming hops in a flower arrangement. They look amazing! This is one of my favorite plants to make into

"If you cut yourself in the garden, grab some yarrow, chew on it for a minute and put it on the wound. It will help stop the bleeding."

tincture and use as a sleep aid. Plus, you know, beer.

## Passionflower (*Passiflora incarnata*)

Another wonderful sleep tincture, passionflowers also attract a wide range of beneficial insects. The flowers are stunning and the perennial, evergreen vines grow easily on a fence or trellis. The

plants can be slow to start but once they take off, watch out!

## Rose (*Rosa canina*)

Also known as "dog rose," this is my favorite species to use for rose hips. Rose hips are rich in vitamin C. Mix with apple peel and vanilla bean to make a delicious tea that is safe for children and the whole family.

## Valerian (*Valeriana officinalis*)

No garden is complete without a patch of valerian. They prefer sun but will do fine in part shade as well. The flowers smell delicious — not as pungent as the roots, which are the part that is most commonly used as a medicinal. Valerian root is used as muscle relaxant, a calming herb, and in folklore is commonly said to help cure heartbreak. Cut flowers also look wonderful in a bouquet.

## Yarrow (*Achillea millefolium*)

If you cut yourself in the garden, grab some yarrow, chew on it for a minute and put it on the wound. It will help stop the bleeding. I like to harvest the leaves and flowers, dry them, powder them and keep in a jar to use as a styptic.

Finally, please remember that I am not an herbalist nor am I a doctor, and so I'm indicating common usages for these plants, based on my personal knowledge and experience. But don't just take my word for it! Take an herbal medicine class, do your own research and/or consult with your doctor. ●

Heather Jo Flores wrote Food Not Lawns, How to Turn Your Yard into a Garden and Your Neighborhood into a Community. Visit [www.heatherjoflores.com](http://www.heatherjoflores.com).



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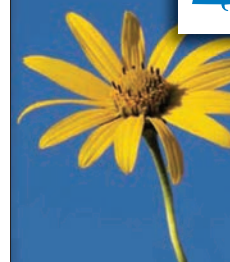
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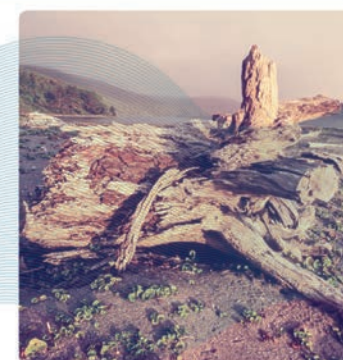
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<b>BLONDIES</b> 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free			Jazz Jam 6pm Free	[M] Trivia Night 7pm Free [W] Local Music Showcase 7pm Free
<b>BLUE LAKE CASINO</b> <b>WAVE LOUNGE</b> 668-9770 777 Casino Way	Karaoke 9pm Free	The GetDown (funk) 9pm Free	Sapphire: <i>ZOUNDS! Episode 9: The Farce Awakens!</i> (theater) 5pm \$55 Wave: The Roadmasters (country) 9pm Free Chubritza (Eastern European) 8pm Free BluEnglish (classic rock) 9pm Free	Karaoke 9pm Free	
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VENUE	THUR 1/21	FRI 1/22	SAT 1/23	SUN 1/24	M-T-W 1/25-27
<b>BAR-FLY PUB</b> 91 Commercial St., Eureka 443-3770		Bar-Fly Karaoke 9pm Free	DJ Saturdays 10pm Free		[W] Bar-Fly Karaoke 9pm Free
<b>BEAR RIVER CASINO</b> 11 Bear Paws Way, Loleta 733-9644	Karaoke w/Chris Clay 8pm Free	The Undercovers (covers) 9pm Free	Ultimate Elvis Extravaganza 8pm \$25-\$150 Thirsty Bear: Doug Fir & the 2x4s (classic rock) 9pm Free Frisky Brisket (violin, guitar) 7pm Free	Jen Tal and The HuZBand (acoustic duo) 6:30pm Free	
<b>CALICO'S CAFE</b> 923-2253 808 Redwood Drive, Garberville					
<b>CHAPALA CAFE</b> 201 Second St., Eureka 443-9514		The Tumbleweeds (cowboy) 6pm Free	The Tumbleweeds (cowboy) 6pm Free		
<b>CURLEY'S FULL CIRCLE</b> 460 Main St., Ferndale 786-9696					[W] Open Mic Night 7pm Free
<b>EUREKA INN PALM LOUNGE</b> 518 Seventh St., 497-6093	Brian Post & Friends (jazz) 6pm Salsa 9pm Free				[T] Anna Banana (blues comedy) 8pm Free [W] Comedy Open Mikey 9pm Free
<b>EUREKA THEATER</b> 612 F St. 442-2970		Girls! Girls! Girls! (film) 7:30pm \$5	Humboldt Roller Derby Season Kickoff w/Derby Crazy Love (film) 7pm \$12		
<b>FERNBRIDGE MARKET</b> <b>RIDGETOP CAFE</b> 786-3900 623 Fernbridge Dr., Fortuna					[M] Open Mic 5:30pm Free
<b>GALLAGHER'S IRISH PUB</b> 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish) 6pm Free	Pappa Paul (folk) 6pm Free	Chuck Mayville (classics) 6pm Free		
<b>LIL' RED LION</b> 1506 Fifth St., Eureka 444-1344			Karaoke w/DJ Will 9pm Free	Karaoke w/DJ Will 8pm Free	[T] Pool Tournament 7pm \$5
<b>OLD TOWN COFFEE &amp; CHOC.</b> 211 F St., Eureka 445-8600					[W] Open Mic w/Mike Anderson 7pm Free
<b>PEARL LOUNGE</b> 507 Second St., Eureka 444-2017	Gabe Pressure (DJ music) 9pm Free	D'Vinity (DJ music) 10pm Free	Selecta Arms (DJ music) 10pm Free		
<b>ROSE'S BILLIARDS</b> 535 Fifth St., Eureka 497-6295		Ultra Class Fridays (DJ music) 10pm Free			[T] 8 Ball Open BCA Tournament 7:30pm \$10

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The Bright Light Social Hour plays Sunday, Jan. 24 at 9 p.m. at Humboldt Brews.

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<b>SHAMUS T BONES</b> 191 Truesdale St., Eureka 407-3550			Saturday Nightlife w/Accurate Productions (DJ music) 10:30pm Free		
<b>THE SHANTY</b> 213 Third St., Eureka 444-2053					[T] Childbirth, The Lost Luvs (indie rock) 9pm \$4
<b>SHOOTERS OFF BROADWAY</b> 1407 Albee St., Eureka 442-4131		Country & Rock Night w/ Accurate Productions 9pm Free		Karaoke Night w/Accurate Productions 9pm Free	
<b>THE SIREN'S SONG TAVERN</b> 325 Second St., Eureka 442-8778					[T] Signals (Latin death rock) 8pm Free
<b>THE SPEAKEASY</b> 411 Opera Alley, Eureka 444-2244		The Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues) 10pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and USGGO (jazz) 7pm Free
<b>VICTORIAN INN RESTAURANT</b> 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			

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# Keepin' It Real

By Andy Powell

thesetlist@northcoastjournal.com

What separates good art from bad art? What is an underlying characteristic of art that lasts through the ages? What is it that makes a painting worthy to hang indefinitely at a museum? What is it that ensures a song will be played on the radio for decades as opposed to dying a quiet death after a few weeks? What compels a writer to begin a piece with rhetorical questions? I can't claim to have a definitive answer to any of these, but I believe a good answer to the first four would have something to do with authenticity.

There is something about being authentic, or true, or real, that we desire as humans and art lovers. Something about the artist injecting an element of their nature, or of the broader human condition into their art — if done well — warrants our constant revisiting and contemplation of said art. All art is in some way derivative of art that preceded it. We all stand on the shoulders of someone, the old saying goes, but those who create something mostly unique have a better chance of standing out in the crowd. Imitation may earn short term accolades — and isn't entirely useless — but is hardly the recipe to survive a generation.

So it was with a certain amount of delight that I read a quote from Pete Bernhard of **The Devil Makes Three** (DM3) fame. Guitarist Bernhard says, "The lyrical content isn't about hard-rock miners or ... the things Woody Guthrie would have written about. I don't like the idea of becoming a historical re-enactment." Although broadly categorized by some as "punkish bluegrass," the trio isn't content recycling tried and true themes of bluegrass or old-time/old-timey music. If a banjo is occasionally involved, must one sing constantly of Appalachia or moonshiners? Must a band sing about tilling the earth, jugs of contraband whiskey, or wear plaid, just because they don't have a drummer? Of course not, but you'd be forgiven for thinking this is a secret kept from many artists. Perhaps it can be argued that the creation of authentic lyrical content — and not just becoming a historical re-enactment — is what sets DM3 apart from many other "bluegrassy" trios. Head to HSU's West Gym on Sunday to find out.

## Friday

The Blue Lake Casino and Hotel hosts local funk masters **The Getdown**. It's a free show, but pace yourself, as you can begin to get down around 9 p.m. and it won't let up until close to 1 a.m.

For some live electronic music, head over to Humboldt Brews for an album release party with **The Human Experience**, the brainchild of David Block. Prepare yourself for some mind expanding "prismatic" beats and rhythms. Joining this human experience will be **BOA** performing with **Kalishakti** and also on board for the night is **9 Theory**. \$18 cover charge for this party, and a 10 p.m. start time.

## Saturday

Last weekend, I had the pleasure of bumping into two members of **Wild Otis** at a wedding (not theirs). We discussed various bands and models of electric basses, but more importantly, their show at the Mad River Brewery. They'll be performing under the big tent at 6 p.m. and they'll be doing it for free.

You cooks, bakers and wannabe chefs know that cooking in an old kitchen can be no fun. New and updated appliances and gear can be the difference between a culinary flow or an Epicurean disaster. Okay, I don't really know what I'm talking about here, but the good folks at the Bay-side Grange are holding a benefit for their Kitchen Fund. Helping them raise some monies are **Kenny Ray & The Mighty Rovers**, who will provide you opportunities to tap your toes to some "roots country, honky-tonk, and big band swing." Your tastebuds will be delighted when dinner is served at 6:30 p.m., with music starting an hour after that. \$8 will be your contribution to the Kitchen Fund.

Redwood Curtain Brewery host the **LaPatina Band** at 8 p.m. The LaPatinas will dole out stories and songs that'll hit you where you most need it. Since it's a free show, feel free to leave a tip or beer for the band, just don't mention the Packers' recent elimination to frontman Jeff DeMark.

Also free are multi-generational classic rockers **Doug Fir and the 2x4s** who will be jamming your favorites at the Bear River Casino and Hotel.



The Devil Makes Three.

Photo courtesy of the artist

At the famous Logger Bar in Blue Lake, local psychedelic-desert-space rockers **Opossum Sun Trail** will join interstellar-dirge rockers **Strix Vega** at 9 p.m. for a free show. (Full disclosure, SV's bass player pretends to be a keyboardist much like he pretends to be a writer.)

## Sunday

You'd be forgiven to think that this would be a sleepy Sunday in our neck of the woods, but it's jam-packed with options. An early show at the Lighthouse Grill in Trinidad has **JD Jeffries** with **Jim Bowen** starting around 5 p.m. for free.

As mentioned above, **The Devil Makes Three** will be at HSU's West Gym with **Parker Millsap** (a "Leo DiCaprio look-alike," from what I hear) opening. Both have opened for The Old Crow Medicine Show, so that must mean something. \$25 will get HSU students into this show, for alumni and everyone else, \$33 with an 8 p.m. showtime.

On the road supporting the new album *Space is Still the Place*, Austin indie-rockers **The Bright Light Social Hour** are making a stop in Arcata before heading up to Eugene. With some pop hooks, blues-rock and psychedelic weavings, expect to dance to upbeat offerings, and sway and tilt when the band stretches and spaces out at Humboldt Brews. Welcome these road warriors with \$10 at 9 p.m.

## Tuesday

Lots of new albums are being supported by touring bands up here in Humboldt,

and that's a great thing. Courtney of **The Lost Luvs** tells me that "Seattle all-lady supergroup" **Childbirth** will be at The Shanty in Eureka supporting its album *Women's Rights*. Featuring members of Tacocat, Ponytime and Chastity Belt, Childbirth is getting some great help from "one woman mystical pop punker" **Lisa Prank** and aforementioned local femme fatales, The Lost Luvs. 9 p.m., cover charge TBA.

## Wednesday

Recently I've found myself checking out videos of bass player *par excellence*, Jaco Pastorius. Either an influence to many bass players, or a reminder that we're not really that good on the four strings, Jaco's work with Weather Report blew a lot of minds. Some of those minds, I'm guessing, belong to **Kung Fu**, who mention the Report as an influence alongside the Headhunters and the Mahavishnu Orchestra. Blending that with some contemporary EDM (electronic dance music), this is guaranteed to be a funky groovin' night. Rounding out the bill are local rockers **Free Rain** starting off the show at 9 p.m. \$15 will make you a musical witness at Humboldt Brews.

Full show listings in the *Journal's* Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to [music@northcoastjournal.com](mailto:music@northcoastjournal.com). ●

Andy Powell is a congenital music lover and hosts *The Night Show* on KWPT 100.3 FM weeknights at 6 p.m. He tries not to let his musical taste dictate his fashion.



# Calendar January 21 - January 28, 2016

Continued on next page »



Courtesy of the Peking Acrobats

For 30 years, **The Peking Acrobats**, China's best tumblers, contortionists, gymnasts and jugglers, have been delighting audiences around the world. Appearing for the second time in SoHum, the performers bring their gravity-defying show, complete with live musicians and dazzling costumes, back to the **Mateel Community Center** on **Jan. 26 at 7:30 p.m.** (\$35 advance, TBA at door). They'll tumble for ya.



Courtesy of Redwood Curtain Theatre

**ZOUNDS! Episode 9: The Farce Awakens!** No need to travel to a galaxy far, far away for adventure, excitement and laser-sharp wit. Redwood Curtain Theatre's hilarious original live radio production and dinner returns to the **Sapphire Palace** on **Jan. 23 at 8 p.m.** (\$55, \$400/table of 8). Doors open at **5 p.m.** for cocktails, raffle and live auction, with dinner starting at **6:15**.



Courtesy of Humboldt Roller Derby

The dames with the names are back for the 2016 season. Join **Humboldt Roller Derby** for its **kickoff celebration** at the **Eureka Theater** on **Jan. 23 at 7 p.m.** (\$12). Meet the team and watch the documentary **Derby Crazy Love**. This is an all-ages event, so bring the kiddos. Season tickets will be on sale, as well as a raffle tickets, silent auction items and refreshments.



Girls! Girls! Girls!

## Are You Lonesome Tonight?

Jan. 8 would have been Elvis Presley's 81st birthday, and every year around this time, fans gather at parties, tributes and theme nights to celebrate the King of Rock and Roll. This weekend sees the Big E in action on screen and onstage (in spirit) at two hip-shakin' events.

It's Elvis, Elvis, Elvis in **Girls! Girls! Girls!** at the **Eureka Theater** on **Jan. 22 at 7:30 p.m.** (\$5). Elvis plays a Hawaiian fishing guide who loves the simple life and, you know, two women at the same time. Like one does when trying to keep things simple. There's fisticuffs, singing, girls in bikinis, singing and more singing. Toss on your coolest coconut-button shirt and enjoy a tropical cocktail in the lounge before the show. This one's sponsored by the folks at The Banana Hut Hawaiian BBQ (where they know a thing or two about rocking a lei and keeping things Aloha).

Next up, **Bear River Casino** hosts one of the best Elvis impersonators to slip on the sequins and hop into a jumpsuit when Travis Powell and his sideburns roll into town **Jan. 23** for the **Ultimate Elvis Extravaganza** at **8 p.m.** (\$25, \$150 VIP). The audience will be thanking the full-lipped, loose-hipped crooner very much for the experience.

Since they're on different nights, you don't have to choose between the two (take note, Elvis on a boat). Just make it an all-Elvis weekend. If the King taught us anything, it's that more is more.

— Kali Cozyris



Photo by Bobby Kintz

## Eat, Sleep, Fish

Wishin you were fishin? Wish no more. **Humboldt Steelhead Days** makes it run **Jan. 23 through Feb. 6**. Two weeks of regional events filled to the gills with fishing, food and fun. From the Trinity to the Eel, here are some highlights to hook you:

In the Willow Creek area (Trinity River), things get jumpin' at the **Humboldt Steelhead Days Kick-off Party** on **Jan. 22** at **Coho Cottages** from **5:30 p.m.** (free). On **Jan. 23** and **Jan. 30**, take the kids to **Willow Creek Library** for **Humboldt Steelhead Days Story and Craft hour** at **2 p.m.** (free). Sample scrumptious local meats, fish, vegetables and wines at the **Farm-to-Table Dinner** later that evening at **China Creek Cottages** (time TBA, \$100). When it's time to drop the bass, head over to the **Willow Creek VFW Hall** for the **Humboldt Steelhead Days Community Dance** starting at **4 p.m.** with tunes by a DJ and three local bands (\$15).

In the Mad River region, make your first stop the **Mad River Brewing Co.** for the **Humboldt Steelhead Days Kick-off Party** **Jan. 22** at **5 p.m.**, and then take in the **Humboldt Steelhead Expo** at **Blue Lake Business Park** **Jan. 23** from **1 to 4 p.m.** with fishing workshops, classes, Redwood Adventures activities, music and exhibitors (free). Don't miss festival favorite, Dell'Arte's **Fish Tales III**, at the **Carlo Theatre**, **Jan. 22** and **23** at **7:30 p.m.** (\$10, \$5,

free w/Steelhead Days registration).

In the Eel River area, the fun flows at the **Eel River Kick-off Party & Mixer** at the **River Lodge Conference Center** on **Jan. 22** at **5 p.m.** (free). In Scotia, there's the **Timber Town Tour** on **Jan. 23** at **4 p.m.** (free), followed by **dinner and mixer** at **Scotia Inn** at **5 p.m.** (\$35, \$10). Round it out with the **International Fly Fishing Film Festival** at the **Winema Theater** at **6:15 p.m.** (\$15).

On **Jan. 29** at the **Eureka Theater**, catch at the **International Fly Fishing Film Festival** again at **7 p.m.** (\$20, \$15, \$10). Doors open at 6 p.m. for pre film social hour. At the **Adorni Center** on **Jan. 30**, learn to tie flies and try out your skills on the five-hole casting course from **11 a.m. to 4 p.m.** at the **Steelhead Days Expo** (free).

The culmination of the festival takes place **Feb. 6** at the **Sequoia Conference Center** with the **Humboldt Steelhead Days Awards Dinner** from **6 p.m. to 10 p.m.** (\$35 or free with HSD registration) with a tri-tip dinner and slide show of highlights from the competition.

Get a line on the complete list of events, visit [www.humboldt-steelheaddays.com](http://www.humboldt-steelheaddays.com).

— Kali Cozyris



# Calendar

Continued from previous page

## 21 Thursday

### ART

**Figure Drawing Group.** 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. \$5. 442-0309.

### LECTURE

**Zero Waste Business.** 6-8 p.m. Humboldt Bay Aquatic Center, 921 Waterfront Drive, Eureka. Representatives from Sierra Nevada Brewing Co. and Fetzer Vineyards discuss their zero waste business practices. Free.

### MOVIES

**Mustang.** 6:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. A portrait of five free-spirited teenaged sisters in northern Turkey. \$6.50-\$8. www.richardsgoat.com.

### MUSIC

**Humboldt Ukulele Group.** Third Thursday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of strummers. Beginners welcome. \$3. dsanderl@arcatanet.com. 839-2816.

### THEATER

**Das Barbecu.** 8-11 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Five actors playing more than 30 outrageous characters in this musical comedy set in Texas. \$18. ncrt@gmail.com. www.ncrt.net. 442-6278.

**The Madwoman of Chaillot.** 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Written by Jean Giraudoux and directed by Jean Bazemore, performed by the NPA junior and senior class. \$15, \$10.

### FOR KIDS

**Young Discoverers.** 10:30 a.m.-noon Discovery Museum, 612 G St., Eureka. Stories, crafts, songs and dance for children ages 3-5. Call ahead. \$5, \$3 members. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

### MEETINGS

**Green Party Meeting.** 6:30-8:30 p.m. Humboldt Greens Meeting Space, 324 H St., Arcata. Meet some of your local candidates for 2016. Help build a strong third party, free of corporate control. Free. dsilver@greens.org. www.humboldtgreens.org. 267-5342.

### ETC

**Sip and Knit.** 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and fiber artists to socialize and work on projects. 442-9276.

**Standard Magic Tournament.** 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

## 22 Friday

### DANCE

**Real Country + (plus).** 6-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Classic country dance tunes and more at 7 p.m. Dinner reservations required. \$12 dinner, music/dancing free.

**World Dance.** 8-10 p.m. St. Alban's Episcopal Church,

1675 Chester Ave., Arcata. Humboldt Folk Dancers sponsor teaching and request dancing. \$3. g-b-deja@sbcglobal.net. www.stalbansarcata.org. 839-3665.

### MOVIES

**Girls! Girls! Girls!.** 7:30 p.m. Eureka Theater, 612 F St. Wear your slickest Hawaiian garb and celebrate the King's birthday. This second film in the Hawaiian Elvis Trilogy has music, dancing and more. Hawaiian food and cocktails in the lobby. \$5. www.theeurekatheater.org.

**Mustang.** 6:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Jan. 21 listing.

**The Punisher.** 8 p.m. Arcata Theatre Lounge, 1036 G St. A dark action flick based on the comic book series starring John Travolta. \$5. www.arcatatheatre.com.

### MUSIC

**Souvenir.** 7:30-10 p.m. HLOC's Space, 92 Sunny Brae Center, Arcata. Humboldt Light Opera Co. presents this fantasia on the life of Florence Foster Jenkins, a real-life socialite who believed herself an opera diva, but couldn't hit a single note on key. \$20. info@hloc.org. www.hloc.org. 822-3319.

### THEATER

**Das Barbecu.** 8-11 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Jan. 21 listing.

**Fish Tales III.** 7:30 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. A family-friendly variety show featuring local string band Kingfoot in an underwater world bubbling with storytelling, music and comedy. \$10, \$5, free w/Steelhead Days registration. www.dellarte.com. 668-5663.

**The Madwoman of Chaillot.** 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. See Jan. 21 listing.

### EVENTS

**HSD Eel River Kick Off Party & Mixer.** 5 p.m. River Lodge Conference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. Virtual tours of the Eel River watershed, a presentation by CalTrout, the film: *Wild Reverence, the Steelhead's Last Stand* at 7:30 p.m. and more. Part of Humboldt Steelhead Days. Free. www.friendlyfortuna.com.

**HSD Trinity River Kickoff/Opening Reception.** 5:30 p.m. Coho Cottages, 76 Willow Road, Willow Creek. Enjoy complimentary food and beverages and learn about all the fun events that make up Steelhead Days in Willow Creek and all around Humboldt County. Free.

**Humboldt Steelhead Days.** -Feb. 6. Locations throughout Humboldt County. Two weeks of fishing on three rivers: Mad, Eel and Trinity. Also includes educational events, expos, food tastings, theater and film throughout Humboldt County. For locals and out-of-town visitors alike. www.humboldtsteelheaddays.com.

**Humboldt Steelhead Days Kickoff Party.** 6-9 p.m. Mad River Brewing Company & Tap Room, 101 Taylor Way, Blue Lake. Last-minute sign-ups, a raffle and a chance meet the competition and purchase a membership. Free w/ HSD ticket. www.madriverbrewing.com.

### SPORTS

**BMX Friday.** 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. \$2 practice, \$5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

**Public Skating.** 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

## 23 Saturday

### BOOKS

**Friends of the Arcata Library Book Sale.** 10 a.m.-4 p.m. Arcata Library, 500 Seventh St. Literary and genre fiction, science and foreign language, religion and history, cooking and crafts, and books for kids and teens. 822-5954.

**HSD Story and Craft Hour.** 2 p.m. Willow Creek Library, state routes 299 and 96. Fishy stories plus snacks courtesy of the Willow Creek Community Resource Center. Part of Humboldt Steelhead Days. Free.

**Humboldt Anarchist Book Fair.** 10 a.m.-6 p.m. Manila Community Center, 1611 Peninsula Drive. Radical poetry, food and books. Free. www.manilacsd.com/Parks\_and\_Recreation.htm.

### DANCE

**Real Country + (plus).** 6:30-9 p.m. Elk's Lodge, 445 Herrick Ave., Eureka. Classic country dance tunes and more. Tri-tip dinner. reservations required. \$20 dinner, music/dancing free.

**USA Dance.** 6 p.m. Eureka Woman's Club, 1531 J St. Dance lesson at 6:30, dancing after until 10 p.m. Music for all dance styles. Raffle prizes and other fun. \$10, \$5 for USA dance members, students and seniors. www.eurekawomansclub.org.

### MOVIES

**Derby Crazy Love.** 7 p.m. Eureka Theater, 612 F St. Join Humboldt Roller Derby for its 2016 season kickoff celebration. Meet the skaters and watch the roller derby documentary *Derby Crazy Love*. Raffle, silent auction and refreshments. \$12. www.theeurekatheater.org.

**HSD: International Fly Fishing Film Festival.** 6:15-8:30 p.m. Winema Theater, Main Street, Scotia. Enjoy the professionally filmed, dynamic and diverse fishing stories at this film festival. \$15. www.HumboldtSteelheadDays.com.

**The Messenger.** 3:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. An artful investigation into the causes of songbird mass depletion and the people working to turn the tide. \$6.50-\$8. www.richardsgoat.com.

**Mustang.** 5:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Jan. 21 listing.

### MUSIC

**Constellation Music Series.** 8 p.m. Morris Graves Museum of Art, 636 F St., Eureka. The series opens with a concert featuring Ensemble Economique and Cybernator 3. \$5-\$10 sliding. www.humboldtarts.org. 442-0278.

**Logan Hone's Similar Fashion.** 7:30 p.m. The Sanctuary, 1301 J St., Arcata. Los Angeles-based avant-garde jazz quartet. \$5-\$20. www.sanctuaryarcata.org/calendar.html. 707-822-0898.

**Souvenir.** 7:30-10 p.m. HLOC's Space, 92 Sunny Brae Center, Arcata. See Jan. 22 listing.

### SPOKEN WORD

**Poetry Out Loud.** 10 a.m.-noon. Morris Graves Museum of Art, 636 F St., Eureka. Local high school students compete in the regional Poetry Out Loud Recitation Contest. Free. janine@humboldtarts.org. www.humboldtarts.org. 442-0278.

### THEATER

**Das Barbecu.** 8-11 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Jan. 21 listing.

**Fish Tales III.** 7:30 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. See Jan. 22 listing.

**The Madwoman of Chaillot.** 2 p.m. Van Duzer Theatre, Humboldt State University, Arcata. See Jan. 21 listing.

**ZOUNDS! Episode 9: The Farce Awakens!.** 5 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Redwood Curtain Theatre's ninth annual original radio theater production and catered dinner fundraiser. Live broadcast on KHUM 104.3. \$55 per person or \$400 for a table of 8. www.bluelakecasino.com.

### EVENTS

**Community Dance.** 6:30-10:30 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Dinner and dancing with Kenny Ray and the Mighty Rovers. \$5-\$8. admin@baysidegrange.org. 822-9998.

**Humboldt Steelhead Days.** Locations throughout Humboldt County. See Jan. 22 listing.

**Humboldt Steelhead Days: Mixer and Dinner.** 5-6:30 p.m. Scotia Inn, 100 Main St. Cocktail mixer followed by dinner. Space is limited; please call to make reservations. \$35, \$10. www.HumboldtSteelheadDays.com. 764-5338.

**Humboldt Steelhead Days: Timber Town Tour.** 4-5 p.m. Scotia Museum, 122 Main St. Guided tour of the historic company town of Scotia, the Scotia Museum and Humboldt Redwood Company's Steelhead Exhibit with live steelhead in easy viewing waterfall tanks. Free. www.HumboldtSteelheadDays.com.

**Humboldt Steelhead Expo.** 1-4 p.m. Business Park, Taylor Way, Blue Lake. A family fun day featuring fishing classes, seminars, outdoor exhibitors such as Redwood Edventures, vendors, fly-tiers and demonstrations for the kids. Free.

**Lost Coast Kennel Club Trials.** 8 a.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Winter obedience/rally trials and barn hunt. www.redwoodacres.com.

**The Redwood Unit's Pack Clinic and BLM Mustang Adoption.** 10 a.m.-3 p.m. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. Learn about backcountry issues and and horsemanship. Demos on Dutch oven cooking, equine and llama packing, gentle use concepts, highlines and hobbles, blacksmithing and a trail obstacle course. Adoptable Mustangs on veiw. Free. www.redwoodunit.com. 786-9637.

**Ultimate Elvis Extravaganza.** 8 p.m. Bear River Casino & Hotel, 11 Bear Paws Way, Loleta. Elvis tribute show featuring Travis Powell. \$25-\$150. www.bearrivercasino.com/meetings-events.

### FOR KIDS

**Story Time.** Every other Saturday, 11 a.m. Rio Dell Library, 715 Wildwood Ave. Stories, songs and games for early readers and parents. Free. riohumml@co.humboldt.ca.us. 764-3333.

### FOOD

**The Buckeye Annual Meeting and Dinner.** 6-10 p.m. River Lodge Conference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. Includes a hosted bar and a silent and live auction. \$75, \$560/table of eight. buckeye@humboldt1.com. www.friendlyfortuna.com.

**Grange Breakfast.** Fourth Saturday of every month, 7:30-11:30 a.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Eggs, sausage or ham, biscuits and gravy or hotcakes, and coffee. \$5 requested donation, \$3 for children 3 and up. www.facebook.com/humboldt.grange.

**HSD Farm-to-Table Dinner.** China Creek Cottages,







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## Calendar

Continued from page 39

**The Devil Makes Three.** 8 p.m. West Gym, Humboldt State University, Arcata. The critically praised, drummer-less trio returns to HSU. \$33, \$25 HSU. carts@humboldt.edu. www.humboldt.edu/centerarts. 826-3928.

**Souvenir.** 7:30-10 p.m. HLOC's Space, 92 Sunny Brae Center, Arcata. See Jan. 22 listing.

### EVENTS

**Humboldt Steelhead Days.** Locations throughout Humboldt County. See Jan. 22 listing.

**Lost Coast Kennel Club Trials.** 8 a.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. See Jan. 23 listing.

**The Redwood Unit's Pack Clinic and BLM Mustang Adoption.** 10 a.m.-3 p.m. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. See Jan. 23 listing.

### FOR KIDS

**Lego Club.** 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring Duplos and more complex pieces. Free with museum admission. redwooddiscoverymuseum@gmail.com. discovery-museum.org. 443-9694.

**Pokemon Trade and Play.** 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

### FOOD

**Food Not Bombs.** 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. (503) 828-7421.

**Redwood Creek Summer Camp Community Dinner.** 4:30-6:30 p.m. Fortuna Community Services, 2331 Rohnerville Road. Enjoy a Mexican-inspired meal and learn about Redwood Creek Summer Camp. Raffle. Donation. acb47@humboldt.edu. 671-5156.

### OUTDOORS

**Women on the Water.** 10 a.m. Humboldt Bay Aquatic Center, 921 Waterfront Drive, Eureka. Learn skills and gain confidence in a safe and supportive all-female environment. Brief on-land instruction will be followed by getting out on the water. \$35. cntract@humboldt.edu. 826-3357.

### SPORTS

**AFC Championship Game.** 12:05 p.m. Arcata Theatre Lounge, 1036 G St. Doors at 11:55 a.m. Free w/\$5 food or beverage purchase. www.arcatatheatre.com.

**BMX Practice and Racing.** 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. \$2 practice, \$11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

**NFC Championship Game.** 3:40 p.m. Arcata Theatre Lounge, 1036 G St. Free w/\$5 food or beverage purchase. www.arcatatheatre.com.

**Roller Hockey Pickup.** 6-8 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Two-hour drop-in hockey game, open to all skill levels, at Franceschi Hall. \$12. info@humboldthockey.com. www.humboldthockey.com/.

### ETC

**Family Game Day.** 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day

jam-packed with gaming fun. Feel free to bring in your own games. Free. www.nugamesonline.com. 497-6358.

**Redwood Coast Scrabble Club.** 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my! 677-9242.

## 25 Monday

### DANCE

**Let's Dance.** 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dance to live music including standards, country and '70s. For anyone 50 years and older. \$4.

### MOVIES

**Mustang.** 6:30 p.m. Richards' Goat Tavern & Tea Room, 4011 St., Arcata. See Jan. 21 listing.

### MUSIC

**The Wood Brothers.** 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Soulful folk from their debut studio album, *Ways Not To Lose*. \$28, \$10 HSU. carts@humboldt.edu. humboldt.edu/centerarts. 826-3928.

### EVENTS

**Humboldt Steelhead Days.** Countywide, Locations throughout Humboldt County, Humboldt. See Jan. 22 listing.

### MEETINGS

**Volunteer Orientation.** 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

## 26 Tuesday

### MOVIES

**Mustang.** 5:30 p.m. Richards' Goat Tavern & Tea Room, 4011 St., Arcata. See Jan. 21 listing.

**Stage Door (1937).** 6:30-8:30 p.m. Humboldt County Library, 1313 Third St., Eureka. The Humboldt County Library's "Based on the Book" January movie series "The Affairs of Women" concludes with Katherine Hepburn and Ginger Rogers as would-be Broadway actresses in 1930s New York. Hosted by Jennifer Fumiko Cahill. Free. 269-1962.

### THEATER

**Peking Acrobats.** 7:30 p.m. Mateel Community Center, 59 Rusk Lane, Redway. China's most gifted tumblers, contortionists, jugglers, cyclists and gymnasts complemented by live musicians playing traditional Chinese instruments. \$35 advance. www.mateel.org.

### EVENTS

**Humboldt Steelhead Days.** Locations throughout Humboldt County. See Jan. 22 listing.

### FOR KIDS

**Playgroup.** 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. Free play for kids 0-5. Regular admission for kids over 5. Free. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

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## Calendar

Continued from previous page

**Pokemon Trade and Play.** 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 24 listing.

### OUTDOORS

**Slower-Speed Arcata Marsh Tour.** Last Tuesday of every month, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. A tour for attendees with mobility issues and those who are unable to keep up on regular walks. Meet at the first I Street parking lot (in from Samoa) of the Arcata Marsh. Free. 822-3475.

### COMEDY

**Savage Henry Comedy Night.** 8 p.m. The Jam, 915 H St., Arcata. Local and out of town comedians bring the ha-has. 822-4766 \$5.

### ETC

**Bingo.** 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from \$1-\$10.

**Board Game Night.** 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. [www.nugamesonline.com](http://www.nugamesonline.com). 497-6358.

**Coffee with the Captains.** 8-10 a.m. Café Noonon Too!, 2910 E St., Eureka. Join captains Brian Stephens and Steve Watson for a cup of coffee to discuss how to make neighborhoods safer. Free. [www.cafenooner.net](http://www.cafenooner.net).

**Ferndale Cribbage.** 10 a.m. Our Savior's Lutheran Church, 425 Shaw St., Ferndale. Cards and pgs.

**Farmer Winter Workshop: Human Resources.** 1-5 p.m. Humboldt County Agriculture Center, 5630 South Broadway, Eureka. Dave Turner facilitates discussion of challenges with employees, internships and apprenticeships. Free. [outreach@humfarm.org](mailto:outreach@humfarm.org). 441-9999.

**Humboldt Cribbage Club.** 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

**LAMP Public Information Meeting.** 6-8 p.m. Trinidad Town Hall, 409 Trinity St. An overview of the recently completed draft Local Agency Management Program documents, which meet requirements of the State Onsite Wastewater (septic system) Policy. [www.humboldt.gov/685](http://www.humboldt.gov/685).

## 27 Wednesday

### MOVIES

**Mustang.** 6:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Jan. 21 listing.

**Star Odyssey.** 7:30 p.m. Arcata Theatre Lounge, 1036 G St. Post *Star Wars*, Italian B-movie silliness with a cyborg army. Free w/\$5 food or beverage purchase. [www.arcatatheatre.com](http://www.arcatatheatre.com).

### EVENTS

**Humboldt Steelhead Days.** Locations throughout Humboldt County. See Jan. 22 listing.

### FOR KIDS

**Youth & Teen Study Group.** 3-4:30 p.m. The Multi-Generational Center, 2280 Newburg Road, Fortuna. A quiet environment where students can receive extra help on homework, a snack and optional on-site tutoring. Free. [lynea237@gmail.com](mailto:lynea237@gmail.com). [www.ervmgc.com](http://www.ervmgc.com). 725-3300.

**Youth Family Activity Group.** Last Wednesday of every month, 3:30-5 p.m. Post Adoption Services Project, 10 West Seventh St., Suite H, Eureka. Family activities for children ages 9 and up. Free. [info@postadoptservices.com](mailto:info@postadoptservices.com). [www.postadoptservices.com](http://www.postadoptservices.com). 476-9210.

**Storytime.** 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

### MEETINGS

**Humboldt Bay Harbor Working Group Luncheon.** 12-1:30 p.m. Samoa Cookhouse, Samoa Road, Arcata. Enjoy a no-host lunch and listen to a brief update of the Local Coastal Program land use plan, presented by Robert Wall. \$11-\$15.

### COMEDY

**Comedy Open Mikey.** 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. 497-6093. Free.

### ETC

**Casual Magic.** 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. [www.nugamesonline@gmail.com](http://www.nugamesonline@gmail.com). [www.nugamesonline.com](http://www.nugamesonline.com). 497-6358.

**Community Board Game Night.** Last Wednesday, Thursday of every month, 6-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. [oss1ncrp@northcoast.com](mailto:oss1ncrp@northcoast.com). [www.baysidegrange.org](http://www.baysidegrange.org). 444-2288.

## 28 Thursday

### ART

**Figure Drawing Group.** 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Jan. 21 listing.

### MOVIES

**Mustang.** 6:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Jan. 21 listing.

### THEATER

**Cirque Alfonse.** 7 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Nouveau cirque troupe from Quebec performs a family-friendly, "raucous celebration of the first North-American lumberjacks, loggers and farmers." \$46, \$26, \$10 HSU. [carts@humboldt.edu](mailto:carts@humboldt.edu). [humboldt.edu/centerarts](http://humboldt.edu/centerarts). 826-3928.

### ELECTIONS

**GOP Debate.** 3 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. The Republican hopefuls square off. TBA. [www.richardsgoat.com](http://www.richardsgoat.com).

### EVENTS

**Humboldt Steelhead Days.** Locations throughout Humboldt County. See Jan. 22 listing.

### FOR KIDS

**Young Discoverers.** 10:30 a.m.-noon Discovery Museum, 612 G St., Eureka. See Jan. 21 listing.

### FOOD

**State of the City Breakfast.** 7:30 a.m. River Lodge Con-

ference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. The Fortuna Chamber of Commerce and The city of Fortuna present this buffet breakfast and opportunity for city departments to share the state of their departments. \$25. [www.friendlyfortuna.com](http://www.friendlyfortuna.com).

### GARDEN

**Rhododendron Meeting and Program.** 7 p.m. Eureka Woman's Club, 1531 J St. Presentation on Japanese gardens by Paula Trinowsky. Refreshments served. Free. [www.eurekawomansclub.org](http://www.eurekawomansclub.org). 443-1291.

### ETC

**Community Board Game Night.** Last Wednesday, Thursday of every month, 6-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. See Jan. 27 listing.

**Sip and Knit.** 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Jan. 21 listing.

**Standard Magic Tournament.** 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 21 listing.

## Heads Up ...

**Humboldt County students** are invited to participate in the Student Bird Art Contest. A flyer with complete rules and a list of suggested birds is posted at [www.rras.org/docs/2016SBAC-web.pdf](http://www.rras.org/docs/2016SBAC-web.pdf). Deadline is March 18. For more information, email [sueleskiw1@gmail.com](mailto:sueleskiw1@gmail.com).

**Dream Quest** invites local youth to apply for college scholarships. Contact Dream Quest for application form. (530) 629-3564 or [dreamquestwillowcreek@hotmail.com](mailto:dreamquestwillowcreek@hotmail.com). Deadline is April 15.

**Dancing Stars of Humboldt** holds open auditions for its Mar. 26 show on Jan. 30 at the Arkley Center for the Performing Arts at 2 p.m. All dancers and dance styles welcome. For complete information, visit [www.dancingstarsofhumboldt.com](http://www.dancingstarsofhumboldt.com).

**The Humboldt Branch** of Women's International League for Peace and Freedom seeks applications from Humboldt County residents for its Edilith Eckart Memorial Peace Scholarship. The application and more information is available at [www.wilpfhumboldt.wordpress.com](http://www.wilpfhumboldt.wordpress.com), and is due by 4 p.m. Feb. 22.

**Grant applications** through Humboldt Sponsors are now available for the current year to local nonprofit organizations serving Humboldt County youth. Deadline is Feb. 12, 2016. Visit [www.humboldtsponsors.org](http://www.humboldtsponsors.org) or call 442-1682 for more information.

**Ferndale Rep** offers a \$500 scholarship to a Humboldt County graduating senior pursuing a career in the performing arts. Application deadline is April 1. Visit [www.ferndalerep.org/educate](http://www.ferndalerep.org/educate) or email [info@ferndalerep.org](mailto:info@ferndalerep.org).

**Humboldt International Film Festival** is taking submissions until March 14 through the festival's website: [www.hsufilmfestival.com/submit-a-film](http://www.hsufilmfestival.com/submit-a-film).

**Humboldt Area Center for Harm Reduction** seeks donations of clean and gently used coats, sleeping bags/blankets, socks, gloves and hats for its "Anything Warm" donation drive. For drop off locations, call 601-6221.

**Volunteers wanted** for Eureka VA clinic. Call 269-7502.





#SquadGoals.

# Champing at the Bit

Coming of age and arrested development

By David Jervis

filmland@northcoastjournal.com

## Reviews

**MUSTANG.** Five sisters, on the last day of school in their coastal Turkish village, wander down to the beach in their school uniforms, splash in the water and play chicken with some of boys from the school who have trailed them down there, laugh and squabble, and then head for home. But when they arrive, the familiar joy of summer ends: Tipped off by a neighbor, their grandmother slaps them for their unseemly conduct around the boys, and their angry uncle vows stern retribution to maintain their virtue.

*Mustang*, a nominee for best foreign language film at this year's Oscars, is the debut feature from Turkish-French filmmaker Deniz Gamze Ergüven. It's an audacious, excellently drawn story of the world within the walls of a household drawing tighter around sisters Sonay (Ilayda Akdoğan), Selma (Tugba Sunguroğlu), Ece (Elit İscan), Nur (Doga Zeynep Doguslu) and Lale (Günes Sensoy), while the world beyond the walls comes rapidly into focus. Distractions such as phones, computers and magazines are locked away. Their uncle takes the eldest girls to a doctor for virginity tests. Local women come by the house

to instruct the girls on how to make soup and dolmas. The same women return with young male relatives looking to marry.

The title of the film makes a clear comparison between unbridled wild horses able to run free, and the rigid rules around the girls' home as they test their limits. The perspective of the story shifts very effectively to that of the youngest, Lale (in a remarkable performance by Sensoy), who also provides periodic narration through the film. There could be obvious comparisons to *The Virgin Suicides*, but *Mustang* fits better into to the cinematic subgenre of seeing the world through the eyes of a child beginning to process her own perspective and take mind of the rights and wrongs of the world that the audience itself already sees. Much as we see Scout come to subtly grasp the racial injustices and class divides of the Jim Crow South in *To Kill a Mockingbird*, through Lale we get an increasingly clear-eyed view of an insidiously unfair patriarchal status quo. And, as any good heroine must, she eventually sees that she must fight her way free of that system.

For its depiction of a stifling environment, Ergüven's film has a free-moving,

naturalistic and almost documentary-like feel to it, and its ensemble of young actresses does exceptional work. All the action is ably assisted by the underlying musical score by longtime Nick Cave collaborator Warren Ellis. *Mustang's* opening sequence sets a marker for what it's like to have your whole life ahead of you, and then slyly winds its way into showing the importance of grabbing that back when it is taken away. PG-13. 97m. RICHARDS' GOAT TAVERN & TEA ROOM.

**RIDE ALONG 2.** Not surprisingly, a sequel to the affably amusing *Ride Along* has landed, and ... well, wanna guess? Crafting follow-ups to Hollywood's not-bad one-offs has bedeviled the biz since Louise Brooks' day, and it ain't usually pretty.

James (Ice Cube) and Ben (Kevin Hart) are now mismatched Atlanta police officers and nearly brothers-in-law. A case calls them to Miami, where the movie opens, as it apparently must under federal mandate, with an overhead shot of bikini-clad women dancing on a gigantic yacht with the glittering skyline as a backdrop. I'll halt for a second to say that Cube and Hart do have fine comic

Continued on next page »

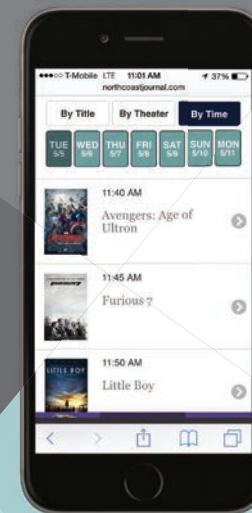
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## MOVIES & EVENTS

Jan 22 - Jan 31

**Fri Jan 22 – The Punisher**  
(2004), Doors @ 7:30 PM,  
Movie @ 8 PM, Film is \$5,  
Rated R.

**Wed Jan 27 – Sci Fi Night, ft.**  
**Star Odyssey (1979), Doors**  
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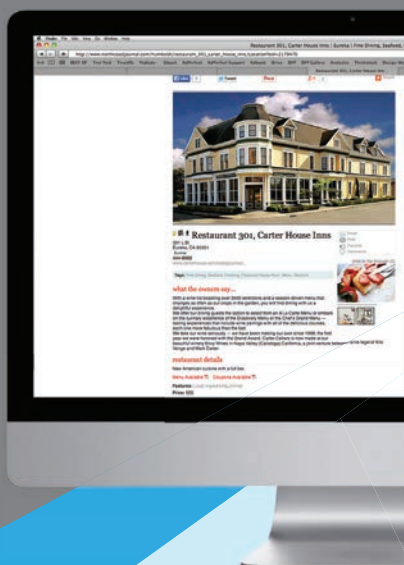


## RESTAURANTS



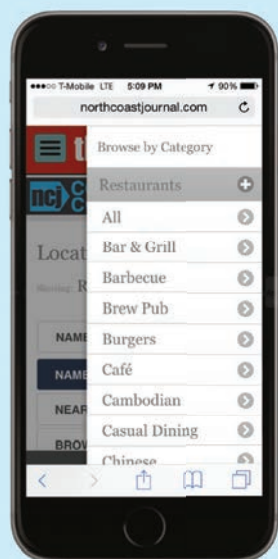
# A-Z

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photos and menus.

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**Journal**  
of Politics, People and Art

## Filmland

Continued from previous page



Pretty sure dash-cam footage is private.

chemistry together but this is another case of a movie in which the very act of viewing it enters a weird meta zone that blurs between actually watching it or imagining a parody of it while on a long walk. Back to the guesswork, dear readers. Will there be a prominent Miami tycoon who might be a villainous drug dealer? Will there be a comic-relief hacker who stole millions from the villain? Will there be an angry lieutenant who threatens our heroes with suspension? Yes to the first two, and on the third there are actually two, since we're in both Atlanta and Miami here, jurisdiction-wise. Also, car chases, a stakeout at the port and explosions. Check out Cube and Hart doing much better work picking up a piñata and dropping by a dispensary with Conan O'Brien on his website; it's free for the viewing. PG-13. 101m. FORTUNA.

— David Jervis

*Listings for Broadway, Mill Creek and Minor theaters were not available at press time. For showtimes, see the Journal's listings at [www.northcoastjournal.com](http://www.northcoastjournal.com) or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456; Richards's Goat Tavern & Tea Room 630-5000.*

## Previews

**THE BOY.** A woman takes a nannying gig for an English couple's life-size doll. Who knew it would turn creepy? PG13. 97m.

**DIRTY GRANDPA.** Zac Efron and Robert DeNiro hit Daytona for spring break, where fully realized female characters are introduced. Kidding! Partying and bikinis. R. 102m. FORTUNA.

**THE FIFTH WAVE.** An alien invasion with disasters, disease and body snatching. Chill — attractive teens are handling it. Starring Chloë Grace Moretz as a young woman looking for her abducted brother. PG13. 112m. FORTUNA.

## Continuing

**13 HOURS: THE SECRET SOLDIERS OF BENGHAZI.** Drama based on the 2012 terrorist attack starring John Krasinski. R. 144m.

**ALVIN & THE CHIPMUNKS: ROAD CHIP.** The singing rodents you can either stand or you can't are out to thwart the romance of their handler Dave (Jason Lee) and keep the band together. PG. 86m. FORTUNA.

**THE BIG SHORT.** Director Adam McKay helms a talented cast (Steve Carell, Ryan Gosling) in a brilliant, entertaining, troubling movie about the madness of the subprime mortgage crisis with real emotion that succeeds as art and cultural commentary. R. 130m.

**DADDY'S HOME** Will Ferrell and Mark Wahlberg as dueling fathers in predictable and innocuous comedy that offers laughs nonetheless. With a good supporting turn by Hannibal Buress. PG13. 96m.

**THE FOREST.** Natalie Dormer plays a woman searching for her twin in the haunted suicide-magnet woods at the

foot of Mt. Fuji. PG13. 93m.

**THE HATEFUL EIGHT.** Director Quentin Tarantino's excellent Western locked-room mystery draws on history and hate, especially race-hate, in a long, talky drama that still delivers signature quirks and brutality. With Kurt Russell, Samuel L. Jackson and Jennifer Jason Leigh. R. 187m.

**JOY.** David O. Russell's story of a young, down-on-her-luck divorcee-turned-inventress (Jennifer Lawrence) is compelling if unsurprising. PG13. 124m.

**NORM OF THE NORTH.** An anti-development polar bear and a herd of lemmings head to New York City to stave off condos in the Arctic in this animated comedy. With Rob Schneider and Heather Graham. PG. 90m.

**THE REVENANT.** Leonardo DiCaprio stars as a frontier survivor Hell-bent on revenge in a gorgeous, punishing Alejandro Gonzalez Iñárritu film that offers little beyond beauty and suffering. R. 156m. FORTUNA.

**SISTERS.** Comedy stateswomen Amy Poehler and Tina Fey are funny enough, but play it safe in this coming-of-middle-age comedy. R. 118m.

**STAR WARS: THE FORCE AWAKENS.** The writing and visuals are a bit too faithful to the original, but they work in this nostalgic return. Leads John Boyega and Daisy Ridley are as compelling as more familiar faces. PG13. 135m. FORTUNA.

— Jennifer Fumiko Cahill



# Workshops & Classes

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**LEARN TO QUILT AND EMBELLISH** Beginning quilting class Wednesdays 6-9pm with Yara Hailey, plus exclusive Block of the Month! \$12/Class, \$44/mo. Learn to design, piece, & quilt!

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[eurekafabrics@me.com](mailto:eurekafabrics@me.com) [www.eurekafabrics.com](http://www.eurekafabrics.com)

## Communication

**BEGINNING ITALIAN.** Learn useful, simple, idiomatic expressions for practical situations. With Eleonora Gire. Wed., Feb 3-April 6 (no meeting March 16), 7-8:30 p.m. Fee: \$150. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit [www.humboldt.edu/extended](http://www.humboldt.edu/extended). (C-0121)

**JAPANESE LANGUAGE 101.** This course invites students to learn introductory Japanese language and culture with an emphasis on listening comprehension and speaking skills. With Mie Matsumoto. Wed., Feb. 3-24, 6-8:30 p.m. Fee: \$85. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit [www.humboldt.edu/extended](http://www.humboldt.edu/extended). (C-0121)

**METHODS FOR TEACHING NORTHERN CALIFORNIA NATIVE LANGUAGES.** This course is designed to introduce students to teaching methods developed or utilized for Indigenous language instruction. With Gordon Bussell. Sat., Feb. 6, 1-5 p.m. Fee: \$80. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit [www.humboldt.edu/extended](http://www.humboldt.edu/extended). (C-0128)

**MORE EASY CONVERSATIONAL SPANISH** starts Feb. 18 - March 10, 2016, TH 5:30 pm-7:30pm at 525 D street downtown Eureka. This class is a continuation of Easy Conversational Spanish which will focus on small talk, getting directions, and ordering food and drink. Perfect for travelers! Call College of the Redwoods Community Education at 707-476-4500 (L-0121)

**RUSSIAN LANGUAGE & CULTURE.** This class will focus on the Cyrillic alphabet, pronunciation, punctuation, spelling, understanding tone and diction, and vocabulary development. With Elena Matushevich. Mon./Thurs., Feb. 15-March 17, 6-8 p.m. Fee: \$190. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit [www.humboldt.edu/extended](http://www.humboldt.edu/extended). (C-0204)

**MAKING PEACE WITH YOUR PAST DISCUSSED AT LIFETREE CAFÉ** A Vietnamese refugee who left Saigon hours before the capital fell will share the story of her escape and later return to Vietnam at Lifetree Café on Sunday, January 24 at 7 p.m. The program, titled "Making Peace With Your Past: A Vietnamese Refugee's Journey," features a filmed interview with Binh Rybacki, the founder of Children of Peace International, a charity helping orphans in Vietnam. During the film, Rybacki says she decided to start Children of Peace International after returning to Vietnam where she witnessed the overwhelming needs of children there. Lifetree Café is a Free Conversation Café - Snacks and Beverages. Located on the Corner of Union and 13th, Arcata. 707 672 2919 or [bobdipert@hotmail.com](mailto:bobdipert@hotmail.com) or [www.lifetreecafe.com](http://www.lifetreecafe.com) (C-0121)

## Computer

**INTRO TO PHOTOSHOP® & IMAGE EDITING.** This fast-paced course for beginners to professionals offers an introduction to basic digital image management and editing. With Annie Reid. Sat., Jan 30, 9:30 a.m.-4:30 p.m. Fee: \$125. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit [www.humboldt.edu/extended](http://www.humboldt.edu/extended). (C-0121)

**INTERMEDIATE BOOKKEEPING** starts Feb. 8 - April 11, 2016, M & W 8:30 am- 12:30pm. This 8-week course covers the fundamentals of full-charge bookkeeping. Call College of the Redwoods Community Education at 707-476-4500 (C-0121)

## Dance/Music/Theater/Film

**DANCE WITH DEBBIE:** Beginning and Intermediate classes in Swing, Latin, & Ballroom dance. Group and private lessons. First dance choreography and coaching for weddings. Find us on Facebook! (707) 464-3638, [debbie@dancewithdebbie.biz](mailto:debbie@dancewithdebbie.biz) (707) 464-3638, [debbie@dancewithdebbie.biz](mailto:debbie@dancewithdebbie.biz) (D-1231)

**MUSIC LESSONS.** Piano, Guitar, Voice, Flute, etc. Piano tuning, Instrument repair. Digital multi-track recording. (707) 382-9468. (DMT-0225)

**WEST AFRICAN DANCE W/ LIVE DRUMMING.** \$10 donation \$5 for Students  
Tuesday All Level Community Class 5:30-7  
Redwood Raks Dance Studio, Arcata  
Contact Heather 707-834-3610  
Facebook Arcata West African Dance (DMT-0128)

**REDWOOD RAKS WORLD DANCE STUDIO, ARCATA.** West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, (707) 616-6876 [shoshannaRaks@gmail.com](mailto:shoshannaRaks@gmail.com) (DMT-0128)

**STEEL DRUM CLASSES.** Beginning Classes Level 1 Fri's. 10:00-11:00a.m. Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. [panartsnetwork.com](http://panartsnetwork.com) (DMT-0128)

**NEW CLASSES STARTING JAN 19TH** Contemporary, Teen/Adult Jazz, Line Dancing. North Coast Dance 442-7779 (D-0204)

## Fitness

**DRAGON HEART TANG SOO DO AT PRESBYTERIAN CHURCH ON G ST.** Tuesday and Thursday classes - kids 4-5pm, adults 5:30-7:30pm. Call Master Becky Rupp 707-923-2886. (W-0225)

**NORTH COAST FENCING ACADEMY.** Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: [northcoastfencingacademy@gmail.com](mailto:northcoastfencingacademy@gmail.com) or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, [northcoastfencing.tripod.com](http://northcoastfencing.tripod.com) (F-0128)

**SUN YI'S ACADEMY OF TAE KWON DO.** Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit [www.sunyisarcata.com](http://www.sunyisarcata.com), 825-0182. (F-0128)

**ZUMBA WITH MARLA JOY.** Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 [marlajoy.zumba.com](http://marlajoy.zumba.com) (F-0128)

## Gardening

**MASTER GARDENER CLASS** - The University of California Cooperative Extension office in Eureka is taking applications for the 2016 Master Gardener Course. Find the application and schedule at [cehumboldt.ucdavis.edu](http://cehumboldt.ucdavis.edu), or call (707) 445-7351. (G-0128)

**ORGANIC GARDENING: FROM THE BACKYARD TO THE KITCHEN TABLE.** Gain knowledge and confidence for a lifetime of successful food gardening. With Eddie Tanner. Thurs., Feb. 11-March 10, Thurs., 6:30-8:30 p.m. and Sat., March 12, 10 a.m.-1 p.m. Fee: \$70. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit [www.humboldt.edu/extended](http://www.humboldt.edu/extended). (G-0121)

## Kids & Teens

**JOIN JUNIOR CREW (AGES 11-18)**  
New Rowers Welcome  
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Mon-Fri 4-6:15 pm (707) 845-4752  
[hbracoach@me.com](mailto:hbracoach@me.com) [www.hbra.org](http://www.hbra.org)

**NEW CLASSES STARTING JAN 19TH** Tiny Tappers 6-7yr, Kids Tap 8-12yr, Beginning Jazz 8-12yr. North Coast Dance 442-7779 (K-0204)

## Lectures

**THE ESSENTIALS OF DIGITAL PHOTOGRAPHY.** This workshop is for anyone who wants to learn the basics of photography. With Leon Villagomez. Tues., Feb. 2-16, 5-7 p.m. Fee: \$150. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit [www.humboldt.edu/extended](http://www.humboldt.edu/extended). (L-0121)

## FREE WORKSHOPS

**Farmer Mac Kids Club, Strawberry planting workshop**  Since 1963

**Jan. 23rd, 11 a.m., FREE**



In this workshop your child will plant a bare root strawberry plant in a recycled pot that they will take home. They will learn how to plant, fertilize and care for their own plant. Ages 4-10 welcome. Must be accompanied by an adult.



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## Workshops Continued from previous page

### 50 and Better

**CONVERSATIONS: LIFE IN THE SECOND HALF.** Meet the featured guests from the new KEET, Channel 13 television show hosted by Tracey Barnes Priestley, airing on Thursdays beginning Jan. 28. Get a preview of the show, talk with guests and get a behind-the-scenes look at what goes into a television production. Tues., Jan. 26 from 7:30-9 p.m. OLLI Members \$10/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0121)

**OSHER LIFELONG LEARNING INSTITUTE (OLLI).** Offers dynamic classes for people age 50 and over. Call 826-5880 or visit [www.humboldt.edu/olli](http://www.humboldt.edu/olli) to register for classes (O-0128)

### Spiritual

**ARCATA ZEN GROUP MEDITATION.** Beginners welcome. **ARCATA:** Sunday 7:55 a.m., Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. For more info. call (707) 826-1701 or visit [arcatazengroup.org](http://arcatazengroup.org) **EUREKA:** Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12. For more info. call (707) 845-8399 or visit [barryevans9@yahoo.com](mailto:barryevans9@yahoo.com). (S-0324)

**HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP.** We are here to change lives with our love. Services at 9am and 11am on Sunday. Child care is provided at 9am. Childrens religious education is at 11am. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, [www.huuf.org](http://www.huuf.org). (S-0121)

**KDK ARCATA BUDDHIST GROUP.** Practice Tibetan Meditation on Loving-Kindness and Compassion in the Kagyu tradition, followed by a study group. Sun's., 6 p.m., Community Yoga Center 890 G St, Arcata. Contact Lama Nyugu (707) 442-7068, [Fierro\\_roman@yahoo.com](mailto:Fierro_roman@yahoo.com), [www.kdkarcatagroup.org](http://www.kdkarcatagroup.org) (S-0128)

**TAROT AS AN EVOLUTIONARY PATH.** Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 [www.tarotofbecoming.com](http://www.tarotofbecoming.com) (S-0128)

**TRANSMISSION MEDITATION** Wednesdays 6-7pm Isis Osiris Healing Temple 44 Sunny Brae Center, Arcata. 707-681-9970 \$2 donation requested (S-0317)

**UNITY OF THE REDWOODS.** Join us at Unity Church of the Redwoods, where love is felt, truth is taught, lives are transformed, and miracles happen. Services begin each Sun. at 11 a.m. 1619 California St., Eureka. Please stay for snacks and conversation after service. (707) 444-8725 (message), [www.unityoftheredwoods.org](http://www.unityoftheredwoods.org) (S-0128)

### Therapy & Support

**ALCOHOLICS ANONYMOUS.** We can help 24/7, call toll free 1-844 442-0711. (T-0128)

**SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS?** Confidential help is available. 825-0920, [saahumboldt@yahoo.com](mailto:saahumboldt@yahoo.com) or (TS-1231)

**SMOKING POT? WANT TO STOP?** [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) (T-0421)

### Vocational

**CREATIVE WRITING** starts February 17 - March 28, 2016, Wednesdays & Fridays 5:30 p.m. - 7:30 p.m. at 525 D Street downtown Eureka Call College of the Redwoods Community Education at 707-476-4500 (L-0121)

**HAZMAT 8-HOUR CERTIFICATION** held on January 29, 2016, Fri. 8:30 am - 5:00 pm at 525 D street Eureka. Call College of the Redwoods Community Education at 707-476-4500 to register (V-0121)

**LANDSCAPING TRAINING** starts Feb 1 - March 21, 2016, M & W Lecture Days: 8:30 am- 12:30 pm plus hands-On Training Days: 8:30 am-3:30 pm Call College of the Redwoods Community Education at 707-476-4500 (V-0121)

**NOTARY PUBLIC CLASS & EXAM** will be held on Feb. 16, 2016, 8:00 am- 6:00 pm at 333 6th street Eureka. This class will provide new or previously commissioned notaries with the education and skills needed to pass the State proctored examination, detect fraud, and become successful in a career as a notary. Call College of the Redwoods Community Education at 707-476-4500 to register (V-0121)

**LOAN SIGNING SPECIALIST TRAINING** will be held on Feb. 16, 2016, 6:00 pm - 10:00 pm at 333 6th Street Eureka. This course will provide students with information on the duties and responsibilities of a Loan Signing Specialist which will enable students to acquire the essential knowledge and skills to be successful in this career field. Call College of the Redwoods Community Education at 707-476-4500 to register (V-0121)

**MAINTENANCE TECHNICIAN TRAINING** starts Feb 1-March 15, 2016, M/T/W 8:30 am-3:00 pm, Call College of the Redwoods Community Education at 707-476-4500 (V-0121)

**MATH FOR CONSTRUCTION** starts January 25, 2016, M & W 9:00 am-11:00am at 525 D Street downtown Eureka. Perfect for people who want to strengthen their math skills in the construction industry! Call College of the Redwoods Community Education at 707-476-4500 to register (V-0121)

**MEDICAL ASSISTING AT COLLEGE OF THE REDWOODS** is accepting applications for Feb. 1, 2016 class. Please call 707-476-4500 or stop by 525 D Street Eureka to inquire how to apply. (V-0121)

**RRP 8-HOUR CERTIFICATION** held on January 30, 2016, Sat. 8:30 am - 5:30 pm at 525 D street Eureka. Call College of the Redwoods Community Education at 707-476-4500 to register (V-0121)

### Wellness & Bodywork

**10-MONTH AYURVEDIC LIVING PROGRAM.** W/ Traci Webb, @ NW Institute of Ayurveda, Part of Nationally Approved Ayurveda Certificate Program, Meets 1 wkend + 3 wkdays/mo. Starts March 4 (Deadline: Feb. 21), Nutrition, Herbs, Meditation, Yoga, Essential Oils, Colors, 54 CEUs. Prerequisite: "Ayurvedic Self-Care & Cooking" (see listing), Register: [www.ayurvedicliving.com](http://www.ayurvedicliving.com), (707) 601-9025 (W-0218)

**AROMATHERAPY TRAINING PROGRAM.** Hands-on "Do it Yourself" Immersion & Essential Oil Distillation @ NW Institute of Ayurveda, w/Traci Webb & Guests, Learn 125 Essential Oils, Make 20+ Products, March 4-6 & 18-20 (Deadline: Feb. 21), 36 CEUs. \$799 (early reg. saves). Register: [www.ayurvedicliving.com](http://www.ayurvedicliving.com), (707) 601-9025 (W-0218)

**AYURVEDIC MASSAGE PROGRAM.** w/Traci Webb @ NW Institute of Ayurveda, Asian Body Therapies, Marma Points, Essential Oils, Herbs, April 20-June 19, (Deadline: March 21), Prerequisite To: "Panchakarma Therapist Program", 112 CEUs. Register: [www.ayurvedicliving.com](http://www.ayurvedicliving.com), (707) 601-9025 (W-0317)

**AYURVEDIC SELF-CARE & COOKING IMMERSION.** with Traci Webb at NW Inst. of Ayurveda. Feb. 19-21, Enjoy Daily Yoga, Self-Care & Lunch!, Prerequisite To: 10-Month Ayurvedic Living Prog. (see listing) \$250 (early reg. saves). 24 CEUs. Register: [www.ayurvedicliving.com](http://www.ayurvedicliving.com), (707) 601-9025 (0218)

**DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL.** Visiting Teachers Series with Rosemary Gladstar. February 6-7. In this weekend class, Rosemary shares ideas on how to Preserve Our Herbal Traditions & More! 10-Month Herbal Studies Program. Feb. - Nov. 2016. Meets one weekend per month with several field trips. Learn in-depth material medica, therapeutics, flower essences, wild foods, formulations and harvesting. Medicinal Cannabis Conference. April 23-24, 2016. Presenters are international, national and local experts that will utilize substantiated research and experience to advance your knowledge base on Cannabis to the next level! Presenters include Donald Abrams, MD; Ethan Russo, MD; Dustin Sulak, DO; and more! Register online [www.dandelionherb.com](http://www.dandelionherb.com) or call (707) 442-8157. (W-0204)

**MASSAGE SCHOOL INFORMATION NIGHT AT ARCATA SCHOOL OF MASSAGE.** Free introductory lesson and discussion about massage school. Tuesday, January 12 at 5 p.m. Visit [arcatamassage.com](http://arcatamassage.com) or call (707) 822-5223 for info.. (W-0225)

**TAI CHI WITH KATHY SEROR** Classes are open to all adults and start February 2 at the Humboldt Senior Resource Center, 1910 California Street. Three classes will be held: Tai Chi for Better Balance, 3:20 - 4:20 p.m., Tuesdays and Thursdays, 12 weeks, donations accepted; Beginning Tai Chi for Arthritis, 4:30 - 5:30 p.m., Tuesdays, 10 weeks, \$30 fee; Continuing Tai Chi for Arthritis, 2:00 - 3:00 p.m., Tuesdays, 10 weeks, \$30 fee. Call 443-9747, ext. 1240 to register. (707) 443-9747 [kcoelho@humsenior.org](mailto:kcoelho@humsenior.org) <http://www.humsenior.org/>

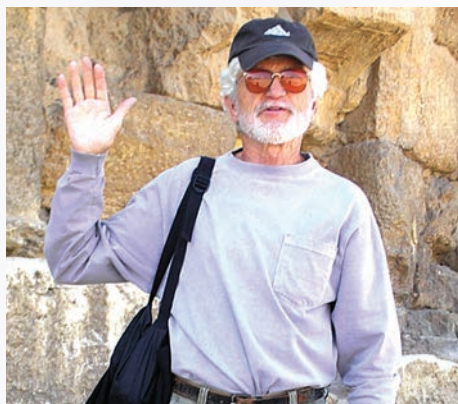
**YOGA IN FORTUNA THURS 9:30AM - 10:45AM W/LAURIE BIRDSOING.** Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. \$11 drop-in or 6 class pass \$57. Scholarships avail. info Laurie 362-5457 (W-0128)

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# In Memoriam



## Patrick Conlin

January 22, 1941 – January 16, 2016

**A Celebratory Potluck will be held at the  
Arcata Veterans Hall on Friday January 22nd at 4 pm.**

Pat Conlin died peacefully at home Saturday night January 16th. Carol was with him, and the kids and sister Mary and her John and nephew David. Love redolent in the air of the room. Patrick had been fending off one annoying malady after another for some years, never letting any of it get in his way, but this last thing took him like a storm at sea, leaving family and friends roiling at his loss.

Born to Joseph and Gertrude Conlin in 1941 in West Baltimore, he had two older sisters, Sheila and Mary, who remained fiercely protective of him always, and after younger brother Paul was born, the family moved to Boston, a rowdy, happy Irish crowd.

Always a good boy, at seventeen Pat set off to the Alexian Brothers Nursing Order in Wisconsin where he learned many useful skills — gardening, kitchen work, care for others — all of which he would use long after deciding the monk's cowl was not for him. He joined the Navy in 1963, serving as a radioman in Hawaii, the Philippines and Vietnam. Discharged in Long Beach, Pat made his way to Humboldt and the Eureka Naval Reserve unit commanded by Art Fort. He took an AA degree from CR in carpentry and began his varied work life in Humboldt, building houses, working in mills in Arcata and Hoopa, and for twenty years in the custodial unit at Humboldt State. He made lasting friendships wherever he went.

When Pat and Carol Davis met at the Jambalaya, Carol already had Catlin and Stu and when they all looked very like a family, the adults married and the children became Conlins. Great music and wonderful food marked this beginning and punctuated all the years to follow. They spent twenty years building a beautiful and festive home on a hill above West End Road, Pat's pride, and then made welcoming homes in Arcata and Willow Creek.

Together Pat and Carol catered many a Humboldt function, bringing healthy and hearty food and their own good will to every event, be it fundraiser, anniversary party, art opening or soccer camp. When the little space next door to Wildwood Music became available, they opened Pacific Rim Noodle House, providing healthy and delicious take-out to a steady stream of appreciative customers.

Never idle, Pat continued to work every job imaginable while Carol ran the noodle house and developed sauces for the market. Pat's work ethic and unflagging energy made everything possible and kept it all rolling along. Through the years Pat was a committed recycler, confirmed busybody, and champion for renewable energy. He lived his life as he chose, and he chose well, enriching the lives of those around him with his cheerful outlook, willingness to pitch in, and perseverance through any setback or hurdle. We will feel the absence of this dependable and precious man in our town in countless ways.

He leaves his sisters, Sheila and Mary, brother Paul and their families, his adored wife, Carol Davis, his daughter and son, Catlin and Stuart, Stu's wife Larissa and grandchildren, Taylor, Kameron and Keva. And a raft of friends near and far.

A Celebratory Potluck will be held at the Arcata Veterans Hall on Friday January 22nd at 4 pm. Yes, there will likely be some singing. You will be needed to set up the tables and tap the keg since Pat is taking that day off. He's earned it.

## Legal Notices

Continued on next page »

### ADVERTISEMENT FOR BIDS

Sealed Bids for the construction of the Westhaven Water Main Replacement (Project No. 7095.04) will be received at the office of LACO Associates, until **3:00 PM** local time on **February 19, 2016**, at which time the Bids received will be publicly opened and read. The Project consists of installing new waterlines, water services, hydrants, and valves, and abandoning existing waterlines on the streets indicated on the Plans located in Westhaven. The Engineer's estimate for this project will be provided on the bid opening date.

Bids will be received for a single prime Contract. Bids shall be on a lump sum and unit price basis, with additive alternate bid items as indicated in the Bid Form.

The Issuing Office for the Bidding Documents is:

LACO Associates  
Attn: David Nicoletti, PE  
21 W. 4th St. Eureka, CA 95501  
(707) 443-5054 • nicolettid@lacoassociates.com

Prospective Bidders may examine the Bidding Documents at the Issuing Office on Mondays through Fridays between the hours of 8:00 am – 5:00 pm, and will be required to register with the Issuing Office by obtaining copies of the Bidding Documents from the Issuing Office as described below.

Bidding Documents must be obtained from the Issuing Office during the hours indicated above. Bidding Documents are available on compact disc (as portable document format (PDF) files) for a charge of \$5.00, not including shipping. Alternatively, printed Bidding Documents may be obtained from the Issuing Office either via in-person pick-up or via mail, upon Issuing Office's receipt of payment for the Bidding Documents. For printed plans 11x17 and specifications the fee is \$100 (black and white). A 22x34 plan set is \$175 (black and white) plus, if requested, a non-refundable shipping charge. The fees for plans and specifications are non-refundable. Upon Issuing Office's receipt of payment, printed Bidding Documents will be sent via the prospective Bidder's delivery method of choice; the shipping charge will depend on the shipping method chosen. The date the Bidding Documents are transmitted by the Issuing Office will be considered the prospective Bidder's date of receipt of the Bidding Documents. Partial sets of Bidding Documents will not be available from the Issuing Office. Neither Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including Addenda if any, obtained from sources other than the Issuing Office.

Bidding Documents also may be examined at the Humboldt Builder's Exchange Plan Room located at 624 C Street, Eureka California, 95501; online at Humboldt Builder's Exchange <http://www.humbx.com/home.html>.

Pursuant to Section 1773 of the Labor Code, the general prevailing wage rates for Humboldt County have been determined by the Director of the California Department of Industrial Relations. These wages are set forth in the General Prevailing Wage Rates for this project, available at the State of California Division of Labor Statistics and research web site at <http://www.dir.ca.gov/DLSR/PWD/index.htm>. Compliance with all prevailing wage requirements is required under this project.

A pre-bid conference will be held on Friday, January 29, 2016 at 10:00 am local time. Prospective bidders are to gather at the Westhaven Community Services District office, 446 6th Ave, Trinidad, and then travel to the construction sites. Attendance at the pre-bid conference is recommended, but not mandatory.

Bid security shall be furnished in accordance with the Instructions to Bidders.

Owner: Westhaven Community Services District  
By: Richard Swisher  
Title: General Manager  
Date: January 14, 2016

**TS# 15-2218 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED: 1/23/12. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.**

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee, as shown below, all right, title and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any shown herein. Trustor: Aaron Mogleston Duly Appointed Trustee: Foreclosure Specialists LLC Recorded 1/30/12 as Instrument No. 2012-2259-9 of Official Records in the office of the Recorder of Humboldt County, California, Date of Sale: Thursday, January 28, 2016 at 10:30 A.M. Place of Sale: On the steps to the front entrance of the County Courthouse, 825 5th Street, Eureka, CA 95501 The common designation of the property is purported to be: Vacant Land-Directions to the property may be obtained pursuant to a written request submitted to the Beneficiary, Therese M. Rosted, within 10 days from the first publication of this notice at 1388 Court Street, Suite C, Redding, CA 96001 Legal Description PARCEL ONE: The Southeast Quarter of Section 17, Township 10 North, Range 4 East, Humboldt Meridian. PARCEL TWO: A non-exclusive easement for ingress and egress for all purposes, including, but not limited to the transportation and removal of Forest Products, and for public and private utilities purpose in and over a strip of land 50 feet in width, the center line of which is shown on the Record of Survey, recorded in Book 43, Pages 118 through 121 inclusive of Surveys as: Courses 1 through 75 inclusive, and Courses 81 through 93 inclusive, of ROAD "A". PARCEL THREE: A non-exclusive easement for ingress and egress for all purposes, including, but not limited to the transportation and removal of Forest Products, and for public and private utilities purposes in and over a strip of land 50 feet in width, the center line of which begins at

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Course 13 above and runs thence Northerly and Northwesterly to a point near the Northeast corner of Parcel One above. PARCEL FOUR: A non-exclusive easement for all domestic and commercial purposes and other purposes appurtenant thereto as reserved in, and subject to the terms of, that certain Grant Deed to William Underwood and wife, recorded Mar 5, 2003 as Instrument No. 2003-16318-2, Humboldt County Official Records. APN: 534-193-010 Estimated opening bid: \$234,187.08 Beneficiary may elect to open bidding at a lesser amount. The total amount secured by said instrument as of the time of initial publication of this notice is stated above, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses and advances at the time of initial publication of this notice. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call the trustee's information line at 530-246-2727 or visit this Internet Web site: calforeclosures.biz, using the file number assigned to this case: TS #15-2218. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is

to attend the scheduled sale. Date: 12/28/15 Foreclosure Specialists LLC 1388 Court Street, Ste C Redding, CA 96001 530-246-2727, Toll Free: 844-333-6766, Janelle St. Pierre, Trustee Sale Officer Foreclosure Specialists LLC is assisting the Beneficiary in collecting a debt. Any and all information obtained may be used for that purpose. TAC: 985911 PUB: 1/07, 1/14, 1/21/16 (16-001)

PUBLIC AUCTION

Fortuna Mini Storage located at 1799 Smith Lane Fortuna CA will be holding the following storage unit lien sales on Feb 8 2016, 9:30 am.

- Unit 22 Amanda Herman Personal items
- Unit 34 Sarah Boyd Personal items
- Unit 52 Laurie Tatom Personal items
- Unit 53 Anthony Brewer Personal items

Andrew R Del Monte Broker/ DRE# 01331592 Apex Real Estate Inc. 927 Main Street Fortuna CA 95540 707 726 7800

01/21, 01/28

NOTICE OF PETITION TO ADMINISTER ESTATE OF BONNIE J. BARNES CASE NO. PR160012

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, Bonnie J. Barnes; Bonnie Jean Barnes A PETITION FOR PROBATE has been filed by Petitioner, Karen Mosier In the Superior Court of California, County of Humboldt. The petition for probate requests that Karen Mosier be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on February 11, 2016 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a

contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. ATTORNEY FOR PETITIONER: Stephen G. Watson 715 I Street Eureka, CA 95501 (707) 444-3071 Filed: January 13, 2016 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

1/21, 1/28, 2/4 (16-010)

Superior Court of California

County of Humboldt In the Matter of: KAMRYN MICHELLE MIRKIN, A Minor child who should be declared free from the custody and control of her father Case #AD 15 0042 Amended Citation: Freedom from Parental Custody and Control (Abandonment) THE PEOPLE OF THE STATE OF CALIFORNIA To: Alexander Blaker Mirkin By order of this court you are hereby advised that you may appear before the judge presiding in Department #6 of this court on 1/25/2016 at 8:30am, then and there to show cause, if any you have, why Kamryn Mirkin should not be declared free of your custody and control for the purpose of freeing Kamryn Mirkin for stepparent adoption. The following information concerns rights and procedures which relate to this proceeding for termination of custody and control of Kamryn Mirkin as set forth in Sections 7860-7864 of the Family Code: (1) At the beginning of the proceeding, the court will consider whether or not the interest of Kamryn Mirkin require the appointment of counsel. If the court finds that the interests of Kamryn Mirkin do require such protection, the court will appoint counsel to represent her, whether or not she is able to afford consent. Kamryn Mirkin will not be present in court unless she so requests or the court so orders.

(2) If a parent of Kamryn Mirkin appears without counsel and is unable to afford counsel, the court must appoint counsel for the parent, unless the parent knowingly and intelligently waives the right to be represented by counsel. The court will not appoint the same counsel to represent both Kamryn Mirkin and her parent. (3) The court may appoint either the public defender or private counsel. If private counsel is appointed, he or she will receive a reasonable sum for compensation and expenses, the amount of which will be determined by the court. That amount must be paid by the real parties in interest, but not by the minor, in such proportions as the court believes to be just. If, however, the court finds that any of the real parties in interest cannot afford counsel, the amount will be paid by the county. (4) The court may continue the proceeding for not more than 30 days as necessary to appoint counsel and to enable counsel to become acquainted with the case. Dated December 17, 2015 Kim M. Bartleson, Clerk By: Natasha S, Deputy Clerk

12/24, 12/31, 1/7, 1/14 (15-257)

FICTITIOUS BUSINESS NAME STATEMENT 15-00696

The following person is doing Business as **SUSHI BOAT** Humboldt, 751 Fortuna Blvd, Fortuna, CA 95540 **Sushi Boat Buffet Corporation C3844617 824 Crissy Way, Fortuna, CA 95540** The business is conducted by A Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Xingyou Huang, President This statement was filed with the County Clerk of Humboldt County on December 11, 2015 KELLY E. SANDERS Humboldt County Clerk By: S. Carns

12/31, 1/7, 1/14, 1/21 (15-261)

FICTITIOUS BUSINESS NAME STATEMENT 15-00723

The following person is doing Business as **SHIPWRECK** Humboldt, 430 3rd St, Eureka, CA 95501 **Aimee I Taylor 896 10th St, Apt. 2, Eureka, CA 95501** The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable

I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Aimee Taylor, Owner This statement was filed with the County Clerk of Humboldt County on December 23, 2015 KELLY E. SANDERS Humboldt County Clerk By: L. Holdman

1/14, 1/21, 1/28, 2/4 (16-006)

FICTITIOUS BUSINESS NAME STATEMENT 15-00724

The following person is doing Business as **HUMBOLDT GARDENS COLLECTIVE** Humboldt, 835 Jensen Dr, McKinleyville, CA 95519 1862 Fickle Hill Rd, Arcata, CA 95521 **Julian Montoya 1862 Fickle Hill Rd, Arcata, CA 95521** The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Julian Montoya, Managing Owner This statement was filed with the County Clerk of Humboldt County on December 23, 2015 KELLY E. SANDERS Humboldt County Clerk By: A. Abrams

12/31, 1/7, 1/14, 1/21 (15-263)

FICTITIOUS BUSINESS NAME STATEMENT 15-00726

The following person is doing Business as **SOMA YOGA INSTITUTE** Humboldt, 23 South G Street, Arcata, CA 95521 PO Box 555, Arcata, CA 95518 **Elizabeth Heffernan 23 South G Street, Arcata, CA 95521** The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Elizabeth Heffernan, Owner-Sole Proprietor This statement was filed with the

County Clerk of Humboldt County on December 28, 2015 KELLY E. SANDERS Humboldt County Clerk By: L. Holman

12/31, 1/7, 1/14, 1/21 (15-264)

FICTITIOUS BUSINESS NAME STATEMENT 15-00737

The following person is doing Business as **LOVELY IS HIME** Humboldt, 4333 Walnut Drive, Eureka, CA 95503 **Jamie Lee 4333 Walnut Drive, Eureka, CA 95503** The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Jamie Lee, Owner This statement was filed with the County Clerk of Humboldt County on December 30, 2015 KELLY E. SANDERS Humboldt County Clerk By: A. Abrams

1/21, 1/28, 2/4, 2/11 (16-009)

FICTITIOUS BUSINESS NAME STATEMENT 16-00019

The following person is doing Business as **TOURS FOR YOU** Humboldt, 1939 South Gavin Road, McKinleyville, CA 95519 **Justin D Hornsby 1939 South Gavin Road, McKinleyville, CA 95519** The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Justin Hornsby, Owner This statement was filed with the County Clerk of Humboldt County on January 8, 2016 KELLY E. SANDERS Humboldt County Clerk By: A. Abram

1/21, 1/28, 2/4, 2-11 (16-011)

FICTITIOUS BUSINESS NAME STATEMENT 15-00727

The following person is doing Business as **NATURALLY HUMBOLDT** Humboldt, 2052 Old Arcata Rd, Bayside, CA 95524 **Charis J. Arlett 2602 Sprint St., Eureka, CA 95501 Becky Gerstein**



**2052 Old Arcata RD,  
Bayside, CA 95524**

The business is conducted by A General Partnership.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Becky Ann Gerstein, Partner  
This statement was filed with the County Clerk of Humboldt County on December 28, 2015  
KELLY E. SANDERS  
Humboldt County Clerk  
By: M. Morris

12/31, 1/7, 1/14, 1/21 (15-256)

#### FICTITIOUS BUSINESS NAME STATEMENT 15-00728

The following person is doing Business as **NORTH COAST CARPET PROS**  
Humboldt, 2204 Smith Lane, Fortuna, CA 95540  
**Kyle L Ross**  
**2204 Smith Lane,  
Fortuna, CA 95540**  
The business is conducted by An Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Kyle Ross, Owner  
This statement was filed with the County Clerk of Humboldt County on December 28, 2015  
KELLY E. SANDERS  
Humboldt County Clerk  
By: M. Morris

12/31, 1/7, 1/14, 1/21 (15-265)

#### FICTITIOUS BUSINESS NAME STATEMENT 15-00730

The following person is doing Business as **FAIRWIND PRODUCTIONS**  
Humboldt, 2000 Doreen Drive, Honeydew, CA 95545  
PO Box 104, Honeydew, CA 95545  
**Michael E Kavanaugh**  
**2000 Doreen Drive,  
Honeydew, CA 95545**  
The business is conducted by An Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant

knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Michael Kavanaugh, Owner  
This statement was filed with the County Clerk of Humboldt County on December 29, 2015  
KELLY E. SANDERS  
Humboldt County Clerk  
By: M. Morris

1/7, 1/14, 1/21, 1/28 (16-003)

#### FICTITIOUS BUSINESS NAME STATEMENT 16-00007

The following person is doing Business as **LULA ROE LILIN PAMELLA**  
Humboldt, 361 Garland Ave, Fortuna, CA 95540  
**Pamella K Garvin**  
**361 Garland Ave,  
Fortuna, CA 95540**  
**Lillum MJ Maniaci**  
**3427 Church St, Fortuna, CA 95540**  
The business is conducted by A General Partnership.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Pamella K Garvin, Partner  
This statement was filed with the County Clerk of Humboldt County on January 5, 2016  
KELLY E. SANDERS  
Humboldt County Clerk  
By: L. Holdman

1/14, 1/21, 1/28, 2/4 (16-005)

#### FICTITIOUS BUSINESS NAME STATEMENT 16-00011

The following person is doing Business as **FAIRWINDS MOTEL**  
Humboldt, 1674 G Street, Arcata, CA 95521  
**Luckyman Enterprises, Inc.,  
C2712800**  
**1674 G St., Arcata, CA 95521**  
The business is conducted by A Corporation.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Alamsyah Lukiman, CEO/General Manager  
This statement was filed with the County Clerk of Humboldt County on January 6, 2016  
KELLY E. SANDERS  
Humboldt County Clerk  
By: A. Abrams

1/14, 1/21, 1/28, 2/4 (16-004)

#### FICTITIOUS BUSINESS NAME STATEMENT 16-00014

The following person is doing Business as **OWENS LOST COAST SHUTTLE SERVICE**  
Humboldt, 389 U Pacific Dr, Shelter Cove, CA 95589  
**Dhulunun Owen**  
**389 U Pacific Dr,  
Shelter Cove, CA 95589**  
The business is conducted by An Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Dhulunun Owen, Owner  
This statement was filed with the County Clerk of Humboldt County on January 7, 2016  
KELLY E. SANDERS  
Humboldt County Clerk  
By: A. Abram

1/21, 1/28, 2/4, 2-11 (16-007)

#### FICTITIOUS BUSINESS NAME STATEMENT 16-00029

The following person is doing Business as **FORBES ASSOCIATES - T.H.S.**  
Humboldt, 1807 Central Ave, McKinleyville, CA 95519  
**Tracy L Helard-Shumard**  
**4747 Aster Ave,  
McKinleyville, CA 95519**  
The business is conducted by An Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Tracy Helard-Shumard, Broker  
This statement was filed with the County Clerk of Humboldt County on January 12, 2016  
KELLY E. SANDERS  
Humboldt County Clerk  
By: L. Holman

1/21, 1/28, 2/4, 2-11 (16-008)

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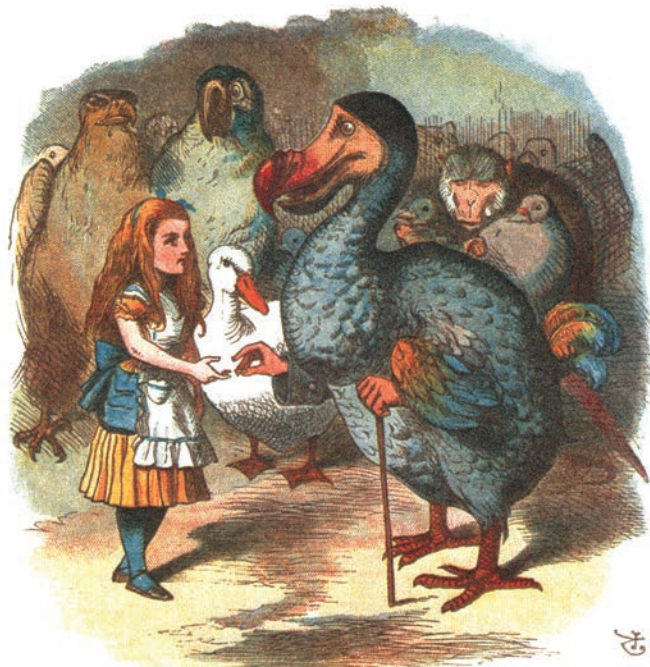
EMPLOYMENT

## Field Notes

# Is the Dodo Effect Dead?

By Barry Evans

fieldnotes@northcoastjournal.com



Alice and the dodo bird by Sir John Tenniel.

In 1936, American psychologist Saul Rosenzweig published a paper in *The American Journal of Orthopsychiatry* that made waves still felt 80 years later. Reviewing the various types of talk therapy available at the time, he noted that “no type of psychotherapy is without cures to its credit,” and the “dodo effect,” as he called it, was the likely cause. In *Alice in Wonderland*, the dodo was asked to decide the winner of a race. “Everybody has won and all must have prizes,” he declared. Same with talk therapies, proposed Rosenzweig: They all work equally well. Why? Not for the reasons promulgated by their proponents, but simply due to human nature. Once troubled souls have signed up — be it for interpersonal therapy, neurolinguistic programming, cognitive behavior therapy (CBT), psychoanalysis, or any of the dozens of other approaches — they’ve persuaded themselves to expect a positive outcome. After that, having a skilled and sympathetic therapist who they believe will help them is often all it takes to effect a cure — a sort of placebo response.

Whether it’s as straightforward as this or not has been a major point of contention in the mental health field since the 1930s. Having followed this debate for some decades, and believing that on balance Rosenzweig’s dodo effect hypothesis was probably correct, I was caught short by a Danish report published in the January 2014 *American Journal of Psychiatry* claiming that a particular type of therapy was the clear winner when it came to treating bulimia.

Bulimia nervosa is a devastating eating disorder in which sufferers, in obsessing about their weight and body shape, take laxatives or make themselves vomit after bouts of binge eating. It affects teens in particular; about 1 percent of 13-to-18-year-old adolescents in this country

experience the condition at some point, with many reporting suicidal fantasies or actual attempts. To assess the two most commonly prescribed therapies, psychoanalysis and CBT, researchers at the University of Copenhagen randomly assigned 70 bulimics to one program or another.

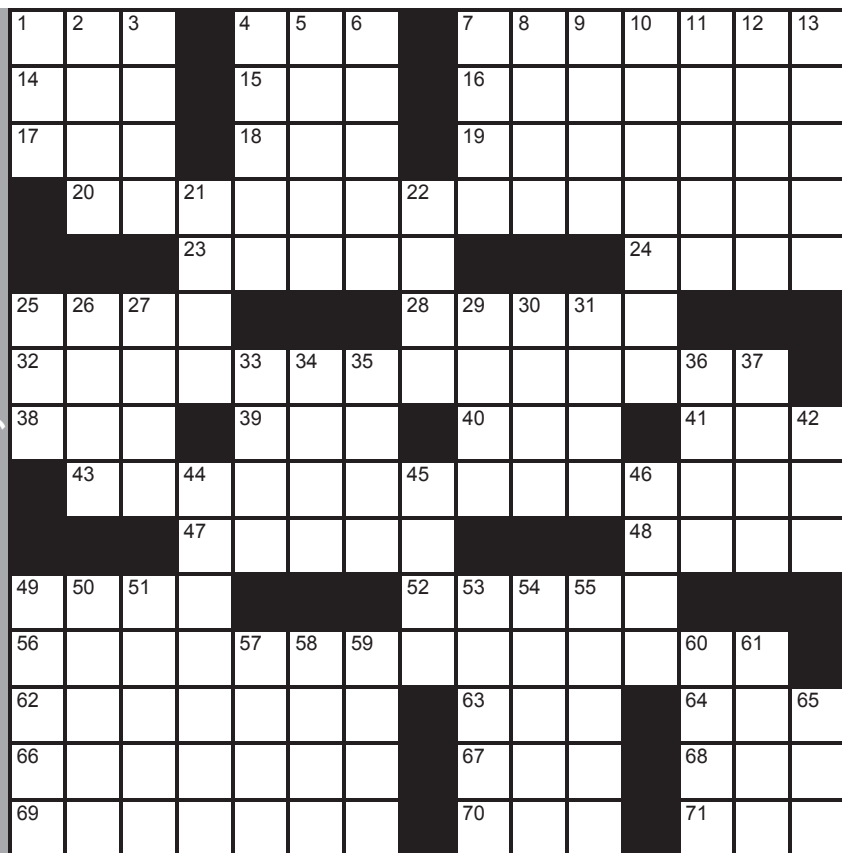
The psychoanalysis group members each spent two years in weekly sessions in which they were encouraged to discuss, and then to accept, buried feelings and desires, in order to negate the underlying causes of bulimia. In contrast, clients in the CBT group only received five months of weekly sessions in which subjects targeted their symptoms without reference to historical causes; CBT maintains that bulimics believe weight and body shape determine their self-worth, and that recovery lies in challenging and negating this belief.

Long story short: five months into treatment, 42 percent of the CBT group had ceased their “binge-purge” episodes, compared with 6 percent of the group in psychoanalysis. At two years, 44 percent of the CBT group were free from bulimia (despite receiving no therapy for 19 months) compared with 15 percent of the psychoanalysis group. Which gives real hope to bulimics — CBT really can make a difference in just a few months. (Added benefit: it’s much easier to train CBT practitioners than psychoanalysts!)

In the big picture, this study appears to disprove the dodo effect; some therapies really are more effective for specific conditions. Which I suppose may not be all that surprising, considering the incredible complexity of both human behavior and the human brain. ●

Barry Evans (barryevans9@yahoo.com) wonders what happened to “gestalt” groups, his chosen therapy of many moons past. (It didn’t fix him.)





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16. Male prom date : boutonniere :: female prom date : \_\_\_\_  
17. Ripen  
18. Beats by \_\_\_\_ (audio equipment brand)  
19. Submits via USPS  
20. Inflicts harm after splitting into groups of two?  
23. Without company  
24. Fr. miss  
25. Insect in a vespiary  
28. Soccer star Lionel who went pro at 13  
32. Affects the world

through diplomatic agreements?

38. Org. for the Suns or the Heat  
39. Sushi eggs  
40. Goose egg  
41. Contents of some wells  
43. Communicates, but not all at once?  
47. Simple-living sect  
48. Grain, e.g.  
49. Looking up  
52. Punching bag in the back of the mouth, in cartoons  
56. Brings commodities from abroad using seaside locations?  
62. Primed  
63. Biblical verb ending  
64. Signs off on  
66. Uranus' largest moon  
67. When repeated, a Latin dance  
68. Drain-clearing

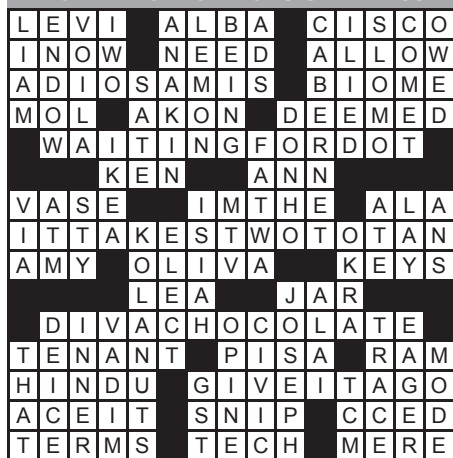
## DOWN

69. Vidal who was flown to Hollywood to cut Mia Farrow's hair for the film "Rosemary's Baby"  
70. Trivia whiz Jennings  
71. Turn blue, say  
1. Org. that approves new pharmaceuticals  
2. Berra whose 2015 New York Times obit read "Yankee Who Built His Stardom 90 Percent on Skill and Half on Wit"  
3. Agenda part  
4. Go by bike  
5. Chef Batali  
6. Like disciplinarians  
7. Year Theodore Roosevelt took office

## 8. Equine color

9. Common game show prize  
10. Like the teaching offered in a madrasa  
11. Pesto ingredient  
12. She's a hip-hop fan  
13. Have a feeling  
21. "Come to \_\_\_\_"  
22. Certain playoff game  
25. Come out on top  
26. Both: Prefix  
27. \_\_\_\_ folder  
29. Wyoming senator Mike  
30. Option on "Wheel of Fortune"  
31. NFL Pro Bowler Warren who competed on "Dancing With the Stars"  
33. Learn fast, say  
34. Spelling of "90210"  
35. Goes down in the west  
36. Shredded  
37. Online destination  
42. Hit from the '60s?  
44. Commercial bribes  
45. Feng \_\_\_\_  
46. Miles away  
49. Civil eruptions  
50. "Labor \_\_\_\_ vincit" (Oklahoma's motto)  
51. Tiffs  
53. Sweater style  
54. Words before river or wazoo  
55. Celeb who once released a pink lipstick called "Lindsay"  
57. Member of Clinton's cabinet for all eight years  
58. TLC, e.g.  
59. Slugger Musial  
60. Blabbed  
61. Vodka in a blue bottle  
65. Be cognizant of

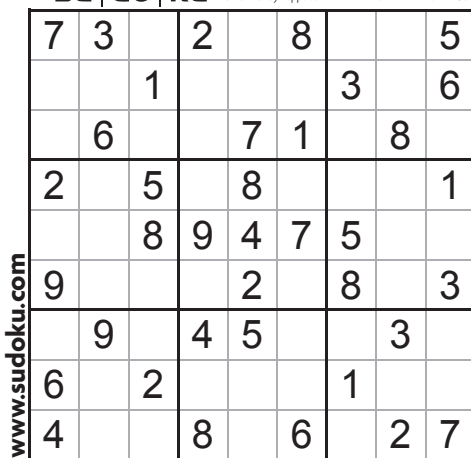
## LAST WEEK'S ANSWERS TO GIVE IT A GO



## su | do | ku

© Puzzles by Pappocom

VERY EASY #59



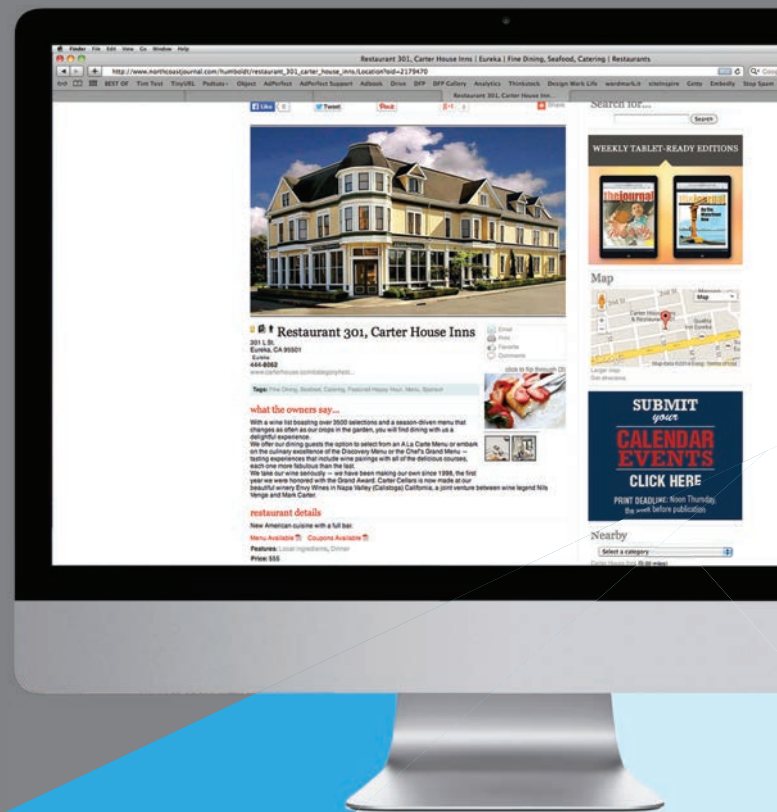
www.sudoku.com

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## Opportunities

**AMERICAN STAR PRIVATE SECURITY.** Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262. (E-0107)

**CAREER TRAINING:** New Year, Aviation Career - If you're a hands on learner, you can learn to fix jets. Career placement, financial aid for qualified students. Call AIM 866-231-7177 (E-0121)

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**NEW YEAR, NEW AIRLINE CAREERS** - Get training as FAA certified Aviation Technician. Financial aid for qualified students. Career placement assistance. Call Aviation Institute of Maintenance 800-725-1563 (AAN CAN)



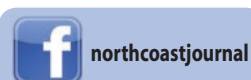
### HUMBOLDT SUPERIOR COURT

Applications are being accepted for **Court Reporter** \$54,932-\$67,059/yr + Benefits

Record verbatim stenographic notes and accounts court proceedings. Transcribes notes as required. Real-Time reporting preferred.

FBI/DOJ/Background

App due by **5 PM 1/26/16** for app & info **707-269-1245** email [nancys@humboldtcourt.ca.gov](mailto:nancys@humboldtcourt.ca.gov)



**HUMAN RESOURCES MANAGER** Established, yet dynamic Arcata-based company needs an experienced, organized HR professional to join us! Report to the CEO; use demonstrated people & project skills and 3+ years exp to build culture, support managers, recruit, and develop a fun workplace! Handle day-to-day tasks of compliance, benefits, and policies too. Enjoy a flexible, casual place where we collaborate & work hard. Full benefit package; exempt salary DOE. Interested? Please confidentially call 707-599-6730. EOE



## Humboldt Senior Resource Center NOW HIRING

**Lead Cook  
PACE Director  
Social Worker  
Register Nurse  
LVN**

**Personal Care / Program Aides  
Drivers**

**Food Service Aides  
Physical / Occupational Therapist**

Job description and required application available at: [www.humsenior.org](http://www.humsenior.org). Submit letter of interest, completed application and resume to: [hr@humsenior.org](mailto:hr@humsenior.org)

For more information, please call (707) 443-9747 EOE

*Supporting seniors in a high quality of life with dignity, health and self-determination.*

## Generous hiring bonuses to successful candidates!



CITY OF ARCATA

### Dispatcher

\$37,972.21-\$46,155.46/yr.

### Senior Dispatcher

\$39,916.88-\$48,519.21/yr.

**Salary Increase effective January 17th!**

Looking for an exciting new challenge?

Need a career change? Able to pass a detailed background check? Then

submit your application to reserve a test slot for Saturday, January 23rd.

Visit [www.cityofarcata.org](http://www.cityofarcata.org) for application materials and details about the hiring bonus, or call (707) 822-5953, City Manager's Office, 736 F Street, Arcata. EOE.

## YUROK TRIBE JOB OPENINGS

For more information go to: [www.yuroktribe.org](http://www.yuroktribe.org)

### #0740 CLERICAL ASSISTANT (HIGHER ED)

RG/PT KLAMATH \$17.23 REVIEW: 1/22/16

### #0587 HEAD START TEACHER

RG/FT KEPEL \$17.69-\$22.98 REVIEW: 1/29/16

### #0721 HEAD START TEACHER

RG/FT KLAMATH \$17.69-\$22.98 REVIEW: 1/29/16

### #0722 POLICE OFFICER

RG/FT KLAMATH \$21.05-\$26.58 1/29/16

### #0725 EMERGENCY SERVICES SPECIALIST

RG/FT KLAMATH \$19.15/\$21.20 1/29/16

### #0738 EXECUTIVE DIRECTOR

RG/FT KLAMATH \$117,147 TO NEGOTIABLE DOE OUF

### #0741 ASSISTANT DIRECTOR SELF GOVERNANCE

RG/FT KLAMATH/WEITCHPEC \$53,820/\$59,130 1/28/16

*Wild Rivers*

## COMMUNITY FOUNDATION

### Administrative Assist.

*Wild Rivers Community Foundation is now accepting applications for an Administrative Assistant.*

This is an hourly, full time (40 hours/week) position based in Crescent City. Compensation is \$14.00

- \$16.00, DOE and includes health and retirement

benefits. The Administrative Assistant is responsible for administering the office, supporting staff, coordinating schedules and events, coordinating board and committee communications, and processing and maintaining various documents and reports. The ideal candidate will have excellent customer service, interpersonal and relational skills; have a strong ability to multitask, prioritize, and meet deadlines; have the ability to maintain strict confidentiality, integrity and professionalism within a fast-paced environment; be proficient with the Microsoft Office suite; possess excellent written and verbal skills; and have knowledge of office equipment and procedures.

For the complete job descriptions and application procedures please visit our website at [www.wildriverscf.org](http://www.wildriverscf.org) or for more information, call us (707) 465-1238.

*Please submit your resume and cover letter to [admin@hafoundation.org](mailto:admin@hafoundation.org)*

**Deadline: January 25, 2016**



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**Look on our web site for openings:**  
**[www.madriverhospital.com](http://www.madriverhospital.com)**



### McCullough Construction, Inc.

is currently hiring for the position of Construction Estimator, Project Manager, and Quality Control Supervisor. All interested parties should preview the job requirements and send a completed Application, Resume, and two (2) Current Letters of Recommendation (*completed within the past 12 months*) to:

**McCullough Construction, Inc.**

57 Aldergrove Rd., Arcata, CA 95521

**Application deadline is February 12, 2016.**

Please visit our website for the Job Requirements, Application, and further information.  
[www.mcculloughconstructioninc.com/open-positions](http://www.mcculloughconstructioninc.com/open-positions)



*Join the Hospice of Humboldt team! Our staff work in a great environment and enjoy outstanding benefits, competitive wages and professional growth opportunities. We are currently recruiting for the following positions:*

**Hospice Physician (part-time)  
RN – Clinical Administrator  
Medical Social Worker (.8 FTE)  
RN – Visit Nurse (per diem)  
Home Health Aide (per diem)**

Visit [www.hospiceofhumboldt.org](http://www.hospiceofhumboldt.org) or call 707-445-8443 for more information.





## CITY OF ARCATA MAINTENANCE WORKER

(Parks/Facilities/Natural Resources)

\$30,663.46- \$37,271.63/yr.

**Final Filing Date: 4:00 p.m. Monday  
February 1, 2016.**

Performs a variety of semi-skilled and skilled tasks related to the construction, maintenance, repair, installation and monitoring of City parks, facilities, and natural resource areas; and other related duties. Applications available at City Manager's Office, 736 F Street, Arcata, CA 95521; by calling (707) 822-5953; or at [www.cityofarcata.org](http://www.cityofarcata.org). EOE.



**Southern Humboldt Community Healthcare  
District is now accepting applications for:**

### ADVANCED PRACTITIONER

Full or Part Time Position. Current California Family Nurse Practitioner or Physician's Assistant License Required.

### CLINICAL LAB SCIENTIST

Full Time Position. California Clinical Laboratory Scientist. Chemistry, hematology, UA, coagulation and blood bank experience required. Includes shared call.

### INFECTION PREVENTION/EMPLOYEE HEALTH/QUALITY ASSURANCE

Full Time or Part Time Position. Position includes, but is not limited to, infection monitoring and reporting, infection risk assessment and prevention, policy and procedure development, staff education, and outbreak management. Employee Health role includes, but is not limited to, new employee and annual health assessments, immunization programs, exposure management, and safe patient handling programs. Must be able to communicate clearly, verbally and in writing to interface with employees, medical staff, and state, local, and federal health departments and programs. BSN preferred. Certification in Infection Control (CIC) preferred, but willing to train the right candidate.

### REGISTERED NURSE

Full Time, Part Time, or Per Diem Position. Current RN License and CPR certification required. Work 12-hour shifts in our critical access emergency room.

### LICENSED VOCATIONAL NURSE

Full Time position. Current LVN license and CPR certification required. Work 12-hour shifts in our 8-bed skilled nursing facility or 8-hour shifts in our out-patient clinic.

### CERTIFIED NURSE ASSISTANT

Full Time, Part Time, or Per Diem Position. Direct Patient Care, activities with the residents/patients. Must possess CNA Certificate and CPR Certification.

\*Full Benefits package to Full Time Employees:  
Paid Time Off (PTO), medical, dental, vision, life insurance, retirement plan with employer match and discounted local gym membership.

Health Insurance for Part Time Employees

\*Shared housing available between shifts

Visit [www.shchd.org](http://www.shchd.org) for more information and to apply  
Or call (707) 923-3921 ext. 230



**LOOKING TO JOIN A DYNAMIC TEAM?  
FULL-TIME, ON-CALL LPT, LVN POSITIONS AVAILABLE**  
Are you an LPT/LVN looking for additional hours?

Apply at  
Crestwood Behavioral Health Center,  
2370 Buhne St, Eureka  
[www.crestwoodbehavioralhealth.com/eureka.html](http://www.crestwoodbehavioralhealth.com/eureka.html)



**United Indian Health Services, Inc.**

**Application deadline: January 28, 2016**

### Diabetes Program Manager

Implements prevention efforts in community and provides clinical coordination with medical providers Arcata/Full Time

### Nutrition Manager/Dietician

Manager nutrition programs which educates and promotes Health and wellness throughout the Community. Arcata/Full Time

### Medical Provider-MD/DO or FNP/PA

Provides general medical care and treatment to patients in medical facility such as a clinic, health center, or public health agency. Smith River/Del Norte/Full Time/Open Until Filled

### OB/NA-AS Coordinator-Clinical Nurse

Manages Obstetrics Program working closely with Providers. Arcata/Full Time

### Clinical Nurse/RN

Arcata/Weitchpec Full Time. Del Norte/Humboldt Part Time. Provide appropriate sensitive care.

### Medical Assistant's

Weitchpec/Arcata/Fortuna ~ Assists with examination and treatments must be injection certified with a current BLS. Job description & salary range posted on website. Full Time/Per Diem

### Electronic Health Records Technician

Trains and coordinates staff using Electronic Health Records. Tracks training of staff in education plans for EHR. Arcata/Full Time

### Nutritionist

Del Norte-Responsible for Nutrition therapy of UIHS clients

### Marketing Specialist

Produces publications, brochures and marketing projects. Maintenance of Organizations Website and social media. Arcata full time

### Grants & Contracts Analyst

Assists with development and preparation and submittal of grant applications. Monitoring, reporting and budgeting Arcata full time.

### Substance Abuse Counselor

Assist/Counsel individuals with substance abuse issues; provide multi-faceted prevention activities, sensitivity and experienced with American Indian Community preferred.

Employment application available online at [www.uihs.org](http://www.uihs.org). Email application, cover letter and resume to [UIHS-Recruiting@crihb.org](mailto:UIHS-Recruiting@crihb.org)

*Serving the Native American Community since 1970. In accordance with PL 93-638 American Indian Preference shall be given all: applicants welcome.*



### TEMP ASSOCIATE TEACHER-Jefferson HS

Assists teacher in the implementation and supervision of activities for preschool children. Requires a minimum of 12 ECE units—including core classes—and at least one year experience working with young children. **Part-time** temporary, 32 hrs/week (school year), \$10.36-\$10.88/hour. **Review date: 1/22/16**

Submit application, resume & cover letter to:

**Northcoast Children's Services**

1266 9th Street, Arcata, CA 95521

For additional information, please call **707-822-7206** or visit our website at [www.ncsheadstart.org](http://www.ncsheadstart.org)



### BEHAVIORAL HEALTH INTEGRATED PROVIDER

1 F/T Eureka

### DENTIST

1 F/T Eureka

### DESKTOP SUPPORT TECHNICIAN

1 F/T Arcata

### DIETICIAN

1 F/T Eureka

### LAB ASSISTANT

1 F/T Crescent City

### LCSW

1 F/T Eureka

### LVN/ MA

1 F/T Crescent City

### MEDICAL BILLER

1 F/T Arcata

### MEDICAL ASSISTANT

2 F/T Crescent City

1 F/T Eureka

1 F/T Ferndale

1 F/T Fortuna

### POD CLERICAL SPECIALIST

1 F/T Eureka

### PRIMARY BEHAVIORAL HEALTH CONSULTANT PROVIDER

1 F/T Eureka

### REGISTERED DENTAL ASSISTANT

1 F/T Crescent City

3 F/T Eureka

### REGISTERED NURSE

1 F/T Willow Creek

1 F/T Fortuna

### RN CLINIC COORDINATOR (Supervisor)

1 F/T Arcata

### RN-OPERATIONS

1 F/T Eureka

### RN- TRANSITION & CARE COORDINATOR

1 F/T Eureka

### SITE ADMINISTRATOR

1 F/T Arcata

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This position is responsible for ensuring the highest level of customer service with the emphasis on product support in the use, selection and troubleshooting via the telephone, email, written correspondence and in person for all C. Crane products.

Customer service experience a plus, Working knowledge of Microsoft Excel and Word, High School Diploma or equivalent.

Applications available at [www.ccrane.com/jobs](http://www.ccrane.com/jobs)

**Deadline is January 31, 2016**



### Marketing Coordinator

Be a part of Los Bagels Co., a 31 year local tradition. Los Bagels is a unique multi-cultural bagel bakery and café with strong community ties, 3 busy locations, regional wholesale distribution, and emerging online business is looking for a dynamic individual as a Marketing Coordinator.

The Marketing Coordinator will be responsible for all aspects of Los Bagels business promotion activities including marketing, advertising, promotional events, special programs, and community outreach. They will work closely with the management team on the development and implementation of special events, and projects. They will also be key in developing future marketing strategies for both online and in-store locations.

Successful candidates will have experience in marketing through print, radio, television, social media, and online advertising channels. As well as an understanding of brand management, technical and creative writing skills, the ability to generate both copy and graphics for promotional materials, strong interpersonal and networking skills, experience with graphic design and website content management systems.

30-40 hrs per week. Compensation includes a competitive wage & benefits. The job will start immediately. Interested parties should submit resumes to: [HR@losbagels.com](mailto:HR@losbagels.com)



### EMPLOYMENT OPPORTUNITIES

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### Full-time Licensed Clinical Social Worker (LCSW)

Redwoods Rural Health Center seeks a LCSW to provide integrated behavioral health services for clients in Redway. Works closely with the on-site medical providers, county case management, and specialty mental health.

This is a full-time position with paid time off, employer-sponsored health benefits, and Loan Repayment through the NHSC.

### Full-time LVN/RN

Candidates must possess a current nursing license, as well as, clinical experience, strong triage skills, computer proficiency, and management abilities. RRHC is an EOE and offers a four-day work week, as well as, competitive compensation and benefit packages.

Interested and qualified candidates may apply at:  
**Redwoods Rural Health Center**  
101 West Coast Rd  
P.O. Box 769,  
Redway, CA 95560,  
download an employment application from [www.rrhc.org](http://www.rrhc.org) or contact RRHC at (707) 923-2783.



### RESOURCE AND REFERRAL SPECIALIST

This full-time position provides a range of office-based and community services which support parents, child care providers, and community planning initiatives. Conducts activities to support the expansion of the CalFresh Program and the Child and Adult Care Food Program (CACFP). Starts at \$14.11/hour.

### PROGRAM SPECIALIST - FAMILY EMPOWERMENT SERVICES

This full-time position performs a range of support and program functions for programs that provide mental health and other supportive services. Strong computer skills desired. Starts at \$13.42/hour.

Both positions close on

**Monday, January 25, 2016 at 5 p.m.**

Excellent benefits: paid vacation/sick leave, holidays and paid insurance. Must be able to pass DOJ/FBI criminal history fingerprint clearance. Must possess a valid California driver's license, current automobile insurance, and a vehicle for work.

Application and job description available at [www.changingtidesfs.org](http://www.changingtidesfs.org), 2259 Myrtle Ave., Eureka, CA 95501, or by calling (707) 444-8293. Please submit letter of interest, resume, and application to Nanda Prato at the above address or via email to [nprato@changingtidesfs.org](mailto:nprato@changingtidesfs.org). EOE



### EDUCATION: EQUAL OPPORTUNITY TITLE IX

For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more. Go to our website at [www.humboldt.k12.ca.us](http://www.humboldt.k12.ca.us) and click on Employment Opportunities. Applications and job flyers may be picked up at the Personnel Office, Humboldt County Office of Education 901 Myrtle Ave, Eureka, or accessed online. For more information call 445-7039. (E-0625)



### Carefree Caregiver Hiring

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Submit Resume to:  
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(707) 443-4473

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**CASH FOR CARS:** We Buy Any Condition Vehicle, 2002 and Newer. Nationwide Free Pick Up! Call Now: 1-888-420-3808 [www.cash4car.com](http://www.cash4car.com) (AAN CAN)

**ELIMINATE CELLULITE** and Inches in weeks! All natural. Odor free. Works for men or women. Free month supply on select packages. Order now! 844-244-7149 (M-F 9am-8pm central) (AAN CAN)

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Price Varies (808) 285-8091  
jfaolan@gmail.com



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